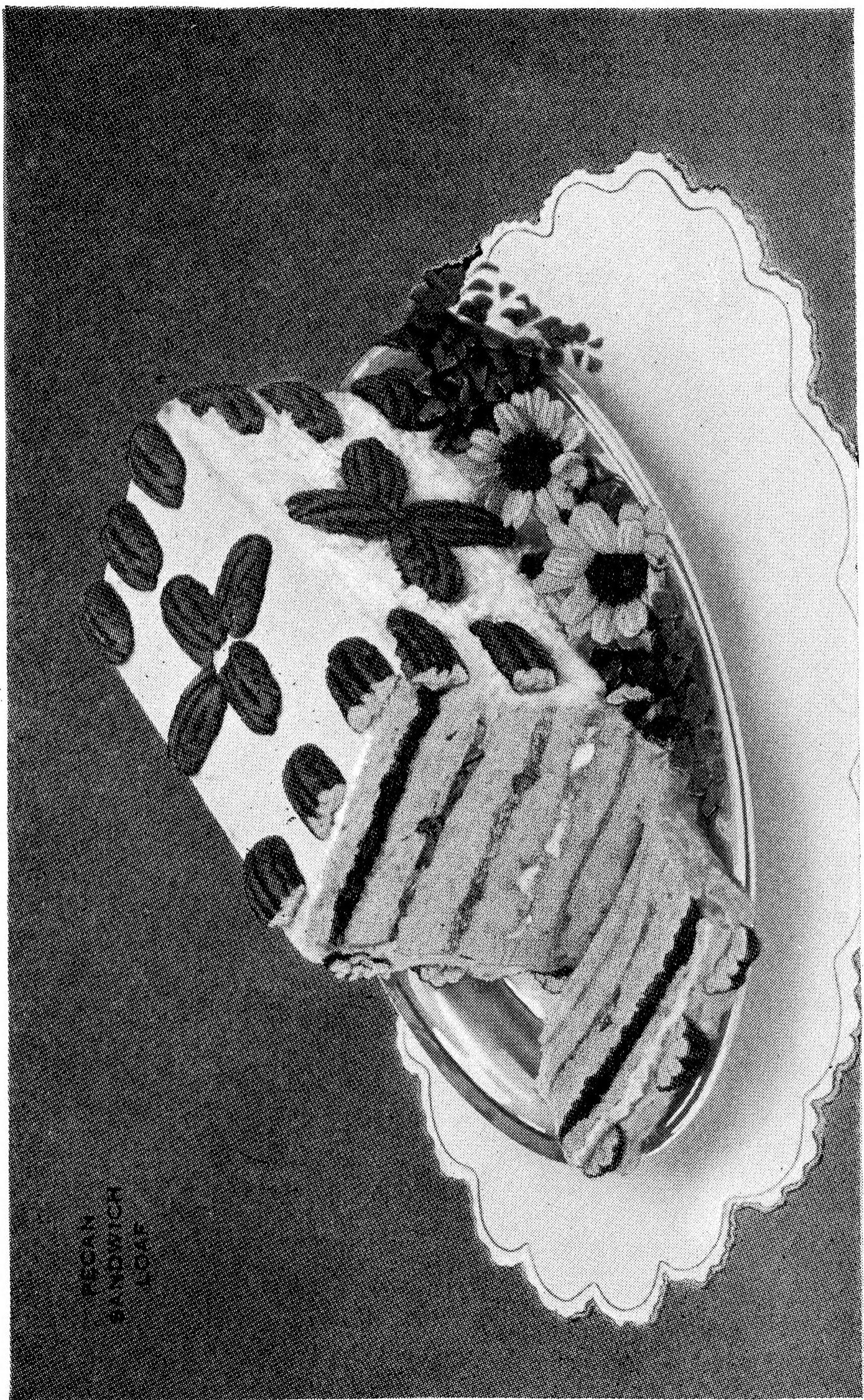




**Patrician
Paper Shell
Pecans**

A Paper Shell Pecan Orchard

800 PROVED PECAN RECIPES
Their Place in the Menu



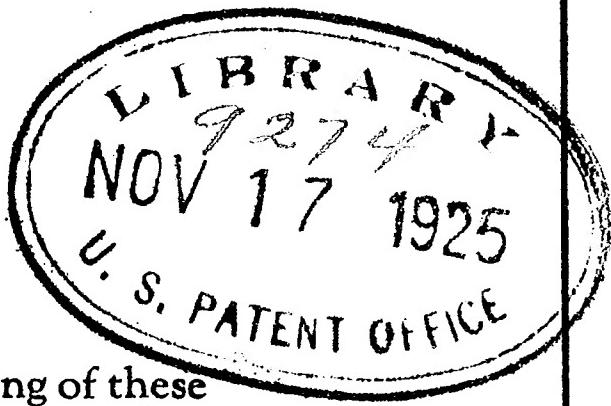
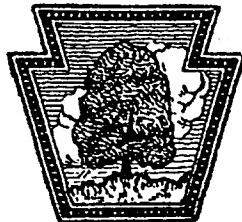
800 PROVED PECAN RECIPES

Their Place in the Menu

By

5,083 HOUSEWIVES

in America and abroad, who in response to a request for their choicest proved pecan recipes, submitted over twenty-one thousand, covering every phase of every meal, for all seasons of the year



Checking, testing and re-checking of these 21,000 recipes by skilled dietetians has led to the selection of the more than eight hundred shown herein, as the very cream of those submitted

BOUNDED IN WASHABLE COVER

Keystone Pecan Research Laboratory
Manheim
Lancaster County, Pennsylvania

PUBLISHED 1925

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1925

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ELAM G. HESS

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**KEYSTONE PECAN
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Acknowledgment is made here of the pioneer work of those eminent food authorities, whose researches have directed attention to the value in the dietary of nuts, and of the pecan in particular.

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LUTHER BURBANK

The Keystone Pecan Research Laboratory

This laboratory was opened—October 1, 1924—to check and test over 21,000 Pecan Recipes, submitted by more than 5,083 women as their favorites. The very cream of these for the average home will be found in the over 800 recipes in this book.

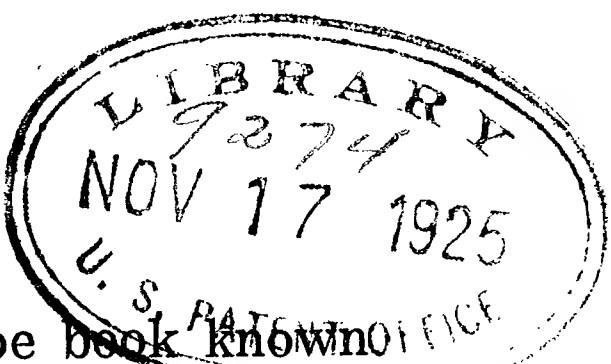




PARTIAL INTERIOR OF KEYSTONE PECAN RESEARCH LABORATORY



FOREWORD



Since this is the first large recipe book known to me which is devoted exclusively to pecan recipes, the questions naturally arise, "Why issue such a book? How were these pecan recipes evolved?"

It is the aim of the first two chapters to answer those questions simply and clearly, and of the last chapter in this book to give typical menus for the various seasons, showing how the food values found in the recipes may best be distributed.

It is strange that nuts—a staple food of the primitive man—are only in recent years receiving the recognition they merit as a prime source of those health-giving food elements required by the human system. The most recent researches in nutrition and in medicine emphasize the value of the low protein diet, and this advanced knowledge directing attention anew to the value of nuts, draws particular attention to the pecan. For the pecan, while lower in total protein, is especially high in those choicest proteins essential to growth. The pecan, moreover, is highest among all nuts in fats and carbohydrates, the heat and energy elements; and has both mineral and vitamin content of exceptional desirability.

Even before the researches of nutritional experts had established the reasons why pecans were so advantageous as a source of all 'round staple diet, there were many who by experience had learned the advantages of pecans in their own homes. The demand for a comprehensive group of the best pecan recipes resulted, despite the fact that the limited supply of these nuts had restricted their use in many homes to eating raw, and in a few desserts and salads. The Keystone Pecan Company secured over 21,000 recipes in response to an announcement calling on women to send in their favorite proved pecan recipes. They were all checked and tested in the Keystone Pecan Research Laboratory, by graduate dietitians, care-

fully selected from the leading institutions in America devoted to home economics.

As a result of this checking, testing and retesting, the eight hundred representative recipes shown herein were selected for their value to the average housewife, although this by no means exhausts the highly meritorious recipes received.

In all these recipes you will find pecans used as the main source of protein, supplemented by milk, eggs, cheese, vegetables and cereals.

The use of condiments has been almost entirely avoided, and lemon juice has been substituted for vinegar. No animal products other than milk, cheese, butter and eggs are used, and with highly satisfactory results, as experience will show you.

The family of four has been the basis on which most of the recipes were planned, making proportionate increase or decrease an easy matter. The exceptions to this rule are usually found under desserts and cakes, where convenience of making and desire to use at more than one meal apply.

This book is not designed as a general cook book; but presupposes a knowledge of cookery on the part of the reader. General directions pre-facing the chapters are brief, and the recipes are stated in the shortest form consistent for clearness, materials used being listed in order of use as far as possible. Standard methods of level measurement are used throughout and should be followed to insure best results.

The small letter t in any recipe therefore indicates level teaspoonful.

The capital letter T indicates level tablespoonful.

The capital letter C indicates level cupful.

Fractions, such as $\frac{1}{2}$ T indicate one-half of a level tablespoonful.

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800 PROVED PECAN RECIPES
Their Place in the Menu

CHAPTER I

FOOD VALUES

PROTEIN

AND THE PROTEIN RATION
CARBOHYDRATES

FATS

SALTS, OR MINERALS

VITAMINS

***“Live not to eat,
but
eat to live”***

CHAPTER I

Food Values

Food functions in the body in three ways—to provide material for the growth and repair of the body structure; to furnish material for the production of energy and maintenance of body heat; to regulate the activities of the body.

PROTEIN is essential to the growth and repair of the body tissues. Protein is found in varying amounts in almost all foods, but particularly in nuts, milk, meat, eggs, cheese, legumes, and cereals.

CARBOHYDRATES in the form of starches and sugars are the most common sources of energy. Starches are found in cereals, potatoes, and some other vegetables; sugars in fruits, the sugar cane and beet root, and the sap of the maple tree.

FATS function in the body as energy and heat producers, and are found in nuts, milk, butter, egg yolks, animal fat tissues, seeds of plants, ripe olives, etc.

SALTS, OR MINERALS, are necessary for maintaining normal body functions and in the formation of the bones and tissues of the body. The principal salts are calcium, iron, potassium, sulphur, sodium, chlorine and phosphorus. Salts are found in fruits, vegetables, milk, cereals, and some nuts. Alkaline salts predominate in fruits and vegetables and are especially valuable in neutralizing the acidity of the body.

VITAMINS function in a mysterious way as body regulators. They are supplied in nuts, vegetables, milk and cereals. Cellulose and water are also essential body regulators, cellulose is found in vegetables, fruits, and cereals.

The Protein Ration

The protein ration has been established and satisfactorily proved to be adequate at a much lower level than formerly thought necessary. From infancy to maturity, protein is required for both growth and repair of tissues. After maturity, protein is required only for repair. Food taken in excess of the needs of the body to repair waste tissues, to furnish energy for work, and warmth, is a wasteful burden to the body and a handicap to normal functioning. Excess carbohydrates and fats are stored as body fat.

Proteins are not stored in the body, but are used only as required to build or repair tissue, the excess being eliminated by the kidneys—and it is this necessity for eliminating excess protein in the average diet which overtaxes the kidneys and liver. Daily protein requirement is established by Sherman at one calory per pound of normal body weight. For the average person this means from 1½ to 2 ounces of protein daily—a much smaller amount than the average consumption.

CHAPTER II

PECANS

A STAPLE FOOD

FITTING THE LOW PROTEIN DIET

THEIR ANALYSIS

CALORIE VALUE

**COMPARISONS WITH OTHER FOODS
IN PROTEIN**

AMINO ACIDS

FATS

DIGESTIBILITY

**CARBOHYDRATES
QUALITY**

**CHEMICAL SALTS
IRON, LIME, ETC.**

VITAMIN

FAT SOLUBLE A

WATER SOLUBLE B

HEALTH-GIVING QUALITIES

PURITY

COMBINATIONS WITH OTHER FOODS

*Pecans, the balanced food for those
who realize
that*

“As a man eats so is he”

CHAPTER II

The Pecan— Nature's Most Highly Concentrated Staple Food

The recognition by thinking people of pecans as a desirable staple food is no new thing.

They were a staple food of the American Indians, and the very name "Pecan" is an Indian word, originally *pacan*. From a variety of hickory, which is generally believed to be the pecan, the Indians secured an oil which they used to thicken venison broth, to season hominy or corn cakes, and of which they also made a drink. How many centuries back the Indian use of pecan dates, none can tell, but the pecan tree has been fixed by fossil remains of trees and nuts, as far back as the lower Cretaceous period.

The Pecan—
An Old Tree
and An Old
Food

Bancroft, recording the discovery of the Mississippi by De Soto tells how in 1541, De Soto came upon a region where the fruits were abundant, "the pecan nut, the mulberry and two varieties of plums furnished the natives with articles of food."

Xavier Charlevoix, French missionary and traveller, who descended the Mississippi to New Orleans in 1722, considered the pecan of sufficient importance to publish a very definite description of these nuts in his "History of New France,"

**A Favorite
of
Washington**

commenting on their fine delicate flavor. And in 1758, Le Page du Pratz, after eight years spent in exploring this territory, described the pecan very accurately, praised its flavor and value, and spoke of the Pecan Pralines made out of these kernels by French colonists.

How Washington first became acquainted with the pecan nut and its food value, we do not know; but we do know that DeCourset, brother of the famous botanist, who served under Washington, wrote that that great American "always had his pockets full of these nuts and he was constantly eating them." Washington himself, in his diary, writes of planting around his place at Mt. Vernon several pecans which had been sent him, and when you visit Mt. Vernon you will find these three grand trees on the lawn southwest and east of the Mansion. Charles Sprague Sargent, director of the famous Arnold Arboretum in his report on "The Trees at Mt. Vernon," calls attention to the fact that according to Washington's Diary these trees were planted March 25, 1775, and are therefore, as far as known, the oldest of the trees planted by Washington. He shows that the height of these trees is respectively 97, 98 and 86 feet; placing them among the giant trees on the property, and says despite the fact that they are a hundred and fifty years old, "The Three Pecan trees are in good condition and unless blown over or injured by gales, probably have not lived out half their lives."

Another point of interest regarding these trees is the fact that they came to Washington from Jefferson, who apparently first distributed pecan trees from the Mississippi Valley in the Eastern States. In 1784, Jefferson published a technical description of the pecan tree, in his "Notes from Virginia."

Tracing the history of the pecan we note that those who have used the pecan nut most regularly as a staple food are its most enthusiastic advocates. The southern housewife, using the product of her own or nearby pecan trees, has as a rule a number of favorite pecan dishes which are a source of pride and satisfaction to her, and of health to her family. The relatively limited supply of the better pecan nuts has tended to restrict the spread of pecan cookery; as far back as September 19, 1914 the *Country Gentleman* said, "Tyler is a Texas town with about 12,000 people who eat a carload of pecans every year. If New York ate pecans at the same rate, it would consume our whole crop." Yet we know of many families whose per capita consumption of pecans per year is five to ten times the Tyler average.

The Case
of Tyler

What are the food properties which make the paper shell pecan so popular with all who use it as a staple food?

The delicious flavor of the pecan which has been commented upon for several hundred years past cannot fully answer that question. It is true that

Its Kernel
Easily
Eaten and
Digested

the pecan is considered by many to be finer in flavor than the finest candy, and that the pecan kernel is recognized generally as the finest of dessert nuts. It is true that the paper shell makes it possible to remove whole kernels which appeal to the eye by their golden brown beauty; which appeal to the appetite by their delightful flavor; which are so palatable and so full of healthful nutriment that they meet with universal favor.

A Valuable Staple Food

But it is from their exceptional food balance, their health-giving qualities, that pecans have their greatest advantage as a staple food. The use of such nuts for diabetics has long been recommended by capable members of the medical profession, and the *Journal of the American Medical Association* for September 21, 1918, said, "There are abundant indications that nuts, which have long found a valued place in the dietary of the diabetic without detriment to his health, will grow in popularity as foods for the well." Commenting on the experiments of Professor Cajori, of Yale University, the same publication speaks of "those properties of nuts which remove them from the category of luxuries and place them on the list of substantial components of the day's ration." "It should be remembered," it adds, "that bulk for bulk they belong among the most nutritive foods ordinarily available."

Percentage Analysis and Calorie Value

According to the analysis of Atwater, the pecan kernel contains:

11.0% protein

13.3% carbohydrates

71.2% fat

1.5% ash

The analyses show also that pecans contain 3633 calories to the pound. Compared to cereals, which have an average calorie value of 1654, we find the pecan twice as high in value, largely because of their fat—or oil—content, which content has been shown to have exceptional value as a preventative of constipation.

Compared to fresh fruits and vegetables, with a value of 300 calories to the pound, we find pecans not only twelve times as high in value; but also containing more protein, of the finest type. Nor is the pecan lacking in mineral salts and vitamins, as will be seen later.

It is little wonder that the pecan has been called “Nature’s finest, most concentrated food product,” that attention has been called to it as Nature’s answer to the nutritionist’s call for a safe food which is properly balanced, and fitted to the crying need for a low protein diet. For it is to be remembered that in these days when telephone, automobiles and labor-saving devices cut down the amount of replacement required by the human system, to follow the heavy protein diet of our forefathers is a certain method of overtaxing one’s kidneys and leading to disastrous results.

If one will note that the average man requires less than 3,000 calories per day for the production of energy, and less than a quarter pound of protein for tissue building, it is easy to see that two or three ounces of pecans in the daily diet, supple-

Nature's
Finest, Most
Concentrated
Food Product

Perfect
The Low
Protein
Diet

**Higher
Food
Value—
Plus
Greater
Availability**

mented by fresh fruits and vegetables will supply his needs in these respects, and will give him more of the toning up effect of mineral salts and vitamins than any other diet. It is to be remembered, however, that pecans are a highly concentrated food, and therefore it is well to assure a supply of cellulose and water, in which they are naturally lacking, through the use of green vegetables and fruits.

The most advanced students of nutrition have not been satisfied to measure food alone by calorie value. They have not been satisfied to know only how *much* protein a certain food contained, they have asked, "*What is the nature of the protein? How readily available is that protein?*" They have not been satisfied to compare the pecan with the egg—usually considered as the acme of food value—and note that the pecan has almost an equal percentage of protein; nearly twice as high a percentage of fat, and a far higher calorie value. And the more they investigate, the more evident does the superiority of the pecan as a staple food become.

Consider for a moment the protein of the pecan. For centuries it has been said that "bread is the staff of life," and that whole wheat bread is the most healthful form of bread. Yet the percentage of protein in a pecan is practically equal to the percentage of protein in whole wheat flour; and is almost double the percentage in buckwheat or rye; and one and almost a half times the percent-

age in rice or cornmeal. Forgetting for the moment the fat—or oil—content of the pecan which is forty to fifty times as great in percentage as in any of these cereals, making the pecan a balanced food, let us study briefly the nature of the proteins and their availability.

There are in natural protein foods certain acids, called amino acids, which the human system requires in the manufacture of muscle tissues for growth and replacement. There are forty of these amino acids in existence, of which eighteen are essential to the human system, and the pecan contains those most essential of the entire forty. It is important to note that Douvel, Menaul and Cajori have found the pecan nut of high nutritive value because of its proper type of protein content. The results of their experiments agree in showing the protein of the pecan to be of very choice character; and confirm the experience of earlier investigators who referred to the protein of nuts as vegetable casein because it so closely resembled the protein of milk in character.

Among the amino acids most largely present in the protein of pecans are those very important ones, tyrosin, tryptophane and histidine.

Tryptophane is one of those essential constituents of body tissues which the human system cannot manufacture, and which therefore must be found in the food we eat—hence the importance of the pecan as a source of this important amino acid.

Contain The
Important
Amino
Acids

Do You
Get Your
Tryptophane?

Lysine is another amino acid of great importance, because experiments have shown that children fed on foods lacking this amino acid are stunted in growth; and cystine also is important for physical development. The pecan nut has both these amino acids present in relatively large quantities; and it is possibly due to this fact that the experiments of Dr. Hoobler, of Detroit, in the Woman's Hospital and Infants' Home (recorded in the *Journal of the American Medical Association*, August 12, 1917) showed that for nursing mothers a diet consisting largely of nuts (50%) was far superior to any other dietary, and in every particular, giving nearly 15% greater flow of milk, with 30% greater food value.

Dr. Kellogg, head of the famous Battle Creek Sanitarium, emphasizes the fact that nuts were the chief staple in the diet of primitive man and urges that they be adopted now as the best source of protein because "Nuts are free from trichnae, tape worm and parasites, and from the possibility of carrying specific disease." "Nuts," he adds, "are in good health when gathered and remain so till eaten." "Besides," he says, "nuts furnish an abundance of lime and are also rich in iron of the finest quality."

Continuing his comparisons of nuts with the usual sources of protein and fats, he says, "The nut is equal to milk in nutritive value, and indeed, is superior in the fact that while containing a rich supply of lime, it is also richly supplied with iron, which is deficient in milk." "The pecan may thus

be regarded as a substitute for milk," he concludes.

While building human tissue with protein, we must be careful not to introduce those substances (called purins) which cause deterioration of the tissues, leading to gout and similar diseases. Uric acid is formed from these purins, with a toxic effect upon the system which shortens life. In pecans we have a source of that complete protein needed by the human system for building and repair of tissue, a purer, sweeter source of easily assimilated fat and an absence of the destructive "purin base."

In view of the foregoing facts, we are able to realize with Dr. Kellogg that such *nut protein* is *the best of all sources upon which the body may draw for its supplies of tissue-building material.*

Best Tissue-building Material

While pecan protein and fat require no cooking to make them digestible and available for the human system, they are the basis of many appetizing cooked and baked foods of high nutritive value, as experience on a continued diet of the recipes in this book will demonstrate.

Pecan fats are more digestible than animal fats, as disclosed by the researches of Dr. Kellogg, and other foresighted students of nutrition. The primitive Indians, to whom Sturtevant refers as subsisting largely on pecans, and as expressing from these nuts an oil used also in their other foods, were simply by instinct and observation following the course which modern study of nutrition values indicates.

Pecan Fats

Over ten years ago Professor H. Harold Hume directed attention to the oil content of the pecan —richer than in any other nut—and since that time nutritionists have studied the digestibility of this fat. With the fat—or oil—content of the pecan its leading food principle, it is important to know that this fat “exists in a finely divided state and in the chewing of the nuts a fine emulsion is produced so that they enter the stomach in a form best adapted for prompt digestion.”

Think what it means to you to secure “the fat that grows on trees” in the pure, rich, creamy kernel of the paper shell pecan. Think how perfectly Nature has protected this easily assimilated fat from contamination, by surrounding the plump kernels with an air-tight shell, which is easily broken when you are ready to eat. Think of the economic advantages of securing such a food without sacrificing the source of the food, for the pecan tree, which supplies this year a rich harvest of these finest of nuts, lives for generations and yields larger and larger harvests as time goes on.

In addition there are many advantages in palatability and nutrition which commend the fat from pecans as most desirable. It is widely known that certain fat foods are far more palatable than others. Have you noted that the scientific explanation of this is that those foods which contain fats with the lowest boiling points are the most palatable, and the most easily digested.

Back of this fact stands the simple essential knowledge of the three great food principles, PROTEIN, FAT and CARBOHYDRATES.

The protein, as you have noted, is for tissue building and replacement. It is not stored in the system.

Carbohydrates, derived from the starch and sugar in our food, produce energy; and when eaten to excess are stored in the system in the form of body fat; assuming, of course, proper chewing of the food to permit the enzymes to break up the starches. Carbohydrates in proper amount and ratio are quickly burned up in the digestive system and in their burning, oxygen is made available for the burning of the fat foods. This explains the natural disinclination to eat certain fat foods in any quantity except along with foods which contain a large ratio of carbohydrates, and this is a natural tendency of great value to us because the higher the melting point of the oil in a fat food, the more is it true that it burns only in the flames of carbohydrates.

While it is true that the pecan fat—or oil—has a low melting point and can therefore be assimilated with a minimum of carbohydrates, the course followed in this recipe book has been that of balancing the pecan content with ample, or more than ample carbohydrate.

Pecan Fats
Easily
Assimilated

Remembering that fat is needed in the diet as fuel food, to maintain body heat and serve as a source of energy in muscular work and in the vital activity of body functions; we must also realize that fats produce two and a quarter times the amount of energy produced by carbohydrates and

must maintain a proper balance in quantity of fat used.

"The fat of pecans," state Stuckey and Kyle, "are among the most digestible of all forms. They have a low melting point." Hence their ease of absorption by the human system.

Assurance Against Constipation

"The fat of pecans much more closely resembles human fat than do other fats; and the lubricating and healing qualities of pecan oil have been compared to olive oil by many food experts. "We should eat the nuts more largely as a staple food," says Goudiss, "not alone because of their high food value, but quite as much because of their health-promoting qualities. By reason of their large content of vegetable oil they are a natural laxative and those who eat them regularly are seldom troubled with constipation."

The digestibility of pecan fats—and pecans as a whole—is now an established fact, and they are largely used in leading sanitaria as a corrective of troublesome cases of intestinal derangement, and as a preferred source of fat and protein.

"Cajori's studies lead him to the conclusion that if nuts are eaten properly and used in the diet as are eggs, meats and other foods rich in protein, they have a physiological value on a par with that of staple articles," says the *Journal of the American Medical Association* in its editorial comment on the experiments of Professor Cajori, of Yale University.

Of carbohydrates the pecan has a relatively low percentage, but, as has been seen, the natural use of the pecan in connection with fruits, vegetables and also with cereal foods, as outlined in the chapters which follow, gives a well-balanced diet. As is widely known the foods containing carbohydrates are plentiful and relatively inexpensive, therefore the relative deficiency of pecans in *quantity* of carbohydrates is no disadvantage.

If considered from the standpoint of *quality* of carbohydrates, the pecan assumes an importance which is too often overlooked. Nearly one-third of its total carbohydrate content consists of sucrose and invert sugars and among all forms of carbohydrate none are more highly desirable for high dietetic value than these two which are so abundantly found in the pecan. It is to be remembered also that these are the quickest source of energy production and this research by Friedman discloses not only the advantages of the pecan from the standpoint of quality of its carbohydrates, but also indicates that the deficiency of the pecan in carbohydrates is in its lack of starch, an element which can be readily and cheaply secured from potatoes, rice and all the cereals.

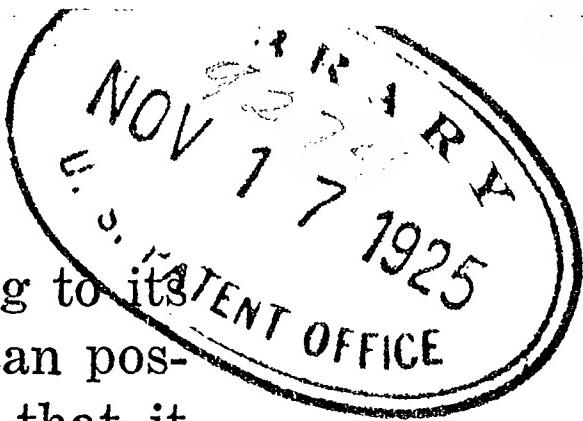
The relatively small percentage of cellulose in pecans and the absence of water are in no sense disadvantageous when one is considering their use in a balanced diet such as is outlined in the following chapters of this book. In fact, it is obvious that the pecan could not be the most highly con-

**The Better
Source of
Protein, Fat
and Mineral
Salts**

centrated of all natural food products if it were not for the fact that nature had eliminated in its composition these two elements of bulk which are elsewhere found so commonly and in such great abundance that they are readily supplied from other sources.

It is remarkable that, highly concentrated as they are, pecans furnish, with the exception of the bulky types of carbohydrates, practically all the food essentials, and in a ratio so perfectly adapted to the low protein diet which is the present-day recommendation of the leading students of nutrition. When it was said in the *Congressional Record* for June 12, 1912, that "It will not be long before the pecan will be extensively used not only as substitute for certain classes of food, such as meats, but also a substitute for food of all classes," it may have been difficult for the average person to accept that statement. Today the pecan is not considered as a substitute for meat, nor as a substitute for eggs, milk or other staple food products of the past, but is accepted as a better source of protein and fat than meat or eggs; as a better source of fat and other food properties than butter, and as superior to milk not only in protein and fats, but also in mineral salts as well.

The substitution of milk for animal flesh has been advocated by some as an advantageous method of securing the necessary protein, fat and mineral salts with less disadvantage in regard to putrefactive germs and less possibility of carrying



disease. If we are to follow this reasoning to its logical conclusion we will see that the pecan possesses advantages compared to milk, and that it supplies protein of such a character that from the earliest investigators it has been considered as equal to that secured from milk. The pecan supplies also fats which are easily digested and beneficial to the human system, just as milk supplies these same elements to a lesser proportionate degree.

The pecan is vastly superior to milk in that it carries a very rich supply of lime and is also well supplied with iron, which is totally lacking in milk. When we remember that the average human body contains five to six pounds of mineral salts and that there is a daily loss which must be made good by the food we eat, it is important to consider any food from the standpoint of its content of mineral salts. The principal mineral salts are iron, calcium, magnesia, phosphates and iodine.

Superior
to Milk
In Lime
and Iron

Of these mineral salts, iron is the most essential, for without it we cannot properly utilize our food. The lack of iron leads to anemia and general weakness and it is the organic iron which we get in our foods which is used by the body to construct blood cells, not the inorganic form given medically in an attempt to bolster up a deficiency of organic iron in our foods.

What is the standing of the pecan in this most valuable mineral salt? The pecan contains a rich store of iron. One ounce of pecans will supply

**Practically
As Much
Iron As
Spinach**

nearly 5% of the total day's iron ration, which is more than $2\frac{1}{2}$ times as much as that supplied by fruits of an equal weight, three times as much as that supplied by vegetables, greater than that of cereals and even superior to the average meats. You hear of dates, figs, prunes, olives and spinach mentioned for their high content of iron—do you realize that pecans belong in the same leading class, being practically equal to any of these in iron content? Compared to raisins, tapioca, fresh lima beans, green peas, graham, rye and entire wheat bread, pecans are considerably higher in iron. Pecans contain more than twice as much iron as macaroni, cheese, cabbage and potatoes, almost three times as much as cornmeal, almost four times as much as lettuce, almost four times as much as lemon juice, more than five times as much as celery and turnips, more than six times as much as tomatoes, almost nine times as much as grape fruit, more than ten times as much as milk and almost thirteen times as much as oranges. It is only the lack of knowledge on the part of the general public regarding the high content of pecans in iron and the other desirable mineral salts that leads to the large use of other products far less efficient.

Lime is next in importance among the mineral salts, because lime makes up three per cent. of the total body weight, gives solidity to the bones, controls the contraction of the muscles and regulates the heart beat. Lime controls also the coagulation of the blood and when a blood test demon-

strates its deficiency, it has been customary to administer certain medical forms of lime, such as calcium lactate, or to place the patient upon a diet of skim milk and other dairy products and selected greens and cereals high in the lime content, or, as is the most advanced practice, to increase greatly the nut diet.

Obviously lime is essential to growing children, who are building their bony structure, and it is well that Nature has placed in the pecan, which appeals so strongly to children, a lime content which is practically fifty times as great as its iron content, important as its iron content is. Milk is advocated as a food for growing children because of its lime content, yet the pecan presses it closely in this respect; while the pecan contains as much lime as does cream, which is so generally fed to children. The pecan contains more lime than celery, eggs, oatmeal, lima beans, dates, raisins, dried apricots or spinach. It contains almost twice as much lime as cabbage, more than twice as much as lettuce, more than three times as much as graham bread, orange juice and green peas, almost four times as much as rye bread and lemon juice, more than four times as much as whole wheat bread, grape fruit and macaroni, almost five times as much as cornmeal, almost six times as much as butter and peaches, more than six times as much as potatoes. It is obvious, therefore, that there is no reason why anyone should suffer from a deficiency in lime in the diet if one eats pecans along with properly selected fruits and vegetables—especially green vegetables.

Among the mineral salts iodine has come in for a great deal of discussion recently, particularly where a tendency toward goitre exists, and while the researches into the position of the pecan in this field have not gone so far as to establish its position with certainty, the researches of Deiler in regard to the properties of pecan oil show a remarkable value in iodine absorption, which property of pecans may possibly be discovered to be a distinct asset in the present campaign which is so vigorously being waged against abnormal functioning of the thyroid glands.

Vitamin Content

Having seen that the pecan possesses decided value in connection with its content of the principal mineral salts, having noted the advantage of pecan oil in its greater ease of digestibility and the advantages of pecan protein in quality, the question naturally arises, "Where does the pecan stand in vitamin content?"

Vitamins function in the human system in a mysterious way and yet their value as body regulators is beyond question. It is certain that there can be no normal life and growth without them and that they are an essential constituent of nerve tissue. It has been demonstrated that if there is an absence of vitamins in the food there is a degeneration of nervous tissue.

The Medical Research Council of London, reported the high vitamin content found in nuts, as Goudiss points out.

Coward & Drummond reported an abundance of Vitamin B in nuts; but in walnuts, almonds, brazil nuts, peanuts and Barcelona nuts did not report any material amount of Vitamin A. In this research for Vitamin A they had not examined the pecan.

The most recent research conducted discloses that the pecan does contain an appreciable content of Vitamin A—as shown by the report of the Salmon & Livingstone experiments in the March 1925 issue of the *Journal of Home Economics*. Vitamin A is present also in butter, milk, cream, egg yolks and in greens—therefore the use of pecans in the dietary in combination with those foods, as found in this recipe book, is obviously a double safeguard assuring ample supply of this needed Vitamin A, and of the associated Vitamin D, which is now considered as more closely affecting rickets. The high lime content of the pecan is again advantageous here.

Pecans
Contain
Vitamin A

It is significant also that in reporting their experiments on white rats which led to the discovery of an appreciable content of Vitamin A in pecans, Salmon & Livingstone directed attention to the fact that the addition of 50% of cod liver oil or butter to the ration did not perceptibly better the growth, showing that the slowing up in rate of growth had not been due to a lack of fat soluble vitamins.

When it is remembered that Vitamin B is so generally accepted as of great importance, the position of the pecan as a safe source of Vitamin B, accepted by the leading nutritionists, is well worth noting. In 1920, Cajori stressed the advantages of the pecan in supplying Vitamin B, and researches since then have emphasized the importance of that statement. He showed that one gram of pecan kernels per day furnished sufficient quantity of Vitamin B for the normal growth of the white rats, in his report in the *Journal of Biological Chemistry*.

Turning to the recent experiments by Salmon & Livingstone we find further confirmation of his statement. Their tests were made on both pigeons and rats, with every care to check their accuracy. Two pigeons which were fed on a diet lacking in Vitamin B—the anti-neuritic vitamin—lost weight rapidly and died of polyneuritis in 18 to 28 days.

The other birds were fed pecan kernel in varying ratio and observations made regarding the development of polyneuritis. Those receiving but a half gram to a gram daily declined slowly, but not as fast as those entirely lacking pecans. As definite symptoms of polyneuritis developed, the pigeons were restored by administering pecan kernel, with an increase in the daily dose. In most cases 2 to 3 grams of pecan restored these

birds to apparently normal condition, despite the fact that where the pecan ration had been omitted, death followed quickly. In other cases an increased ration of pecan achieved the same results.

As little as 1 gram of pecan per day served to overcome marked losses in weight, even though polyneuritis might develop slowly.

It was observed that if 17 to 20% of the food taken daily was macerated pecan kernel (or 1% of the weight of the bird) the birds were protected against polyneuritis.

Similar experiments on white rats showed that pecans to only 10% of the daily ration were required to protect them against polyneuritis and that a 60% pecan ration resulted in appreciable growth.

Such experiments regarding this highly desirable Vitamin B would seem to show that pecans have great value in overcoming mal-nutrition, boils, Beri Beri and similar ailments.

Therefore it is doubtful whether the average human being can better safeguard himself on assurance of all needed vitamins than by the simple expedient of making pecans a part of his daily staple food, along with daily use of accessory foods of high vitamin value, such as fresh fruits

Pecans
to Avoid
Nerve
Deterioration

How to be
Sure of
Needed
Vitamins

and vegetables, and bran. White bread and polished rice are deficient in vitamins, but the use of whole wheat bread or bran bread and unpolished rice overcome this disadvantage and one soon learns to prefer them.

It is well to consider at this time the question of foods which are complements of the pecan.

It is true that pecans are low in the bulky carbohydrates; that is, they contain no starch and little sugar, but this deficiency can be easily supplied by fruits. By proper combinations of pecans, fruits and vegetables, the total needed supply may be obtained.

Of the three great food principles required for human efficiency—protein, fats, and carbohydrates—the pecan supplies two—protein and fats—in abundance and of excellent quality. The amount of protein found in fruits, with very few exceptions, is so small as to be insignificant; fats are practically wholly absent from fruits, while sugar and dextrin are abundant. Fruits are thus the natural complement of pecans.

Purity of Pecans

Pecans are in good health when gathered and remain so until eaten. Nature has provided the pecan with “cold storage” of its own—a snug shell that protects it so that it comes to you in a perfect state of preservation, good to eat at all times.

A man might keep his pecans in an ordinarily cool place, and yet when cracked and opened, the meat of these pecans would be just as free from injury or contamination, just as pure, wholesome and delicious as though they were kept in the most expensive, white-tiled refrigerator.

Pecans are clean, fresh, palatable, and sterile. They are free from waste products, uric acid, urea, trichinae, tapeworm, and other parasites, as well as other infections, due to specific organisms. They are aseptic, free from bacteria, and do not readily undergo decay either in the body or outside of it.

Can anyone imagine a more ideal food to please the palate? There is never any doubt about its absolute purity and freshness and cleanliness.

Pecans should be used more largely as a staple food, not alone because of their high food value, but quite as much because of their health-promoting qualities. By reason of their large content of vegetable oil they are a natural laxative, and those who eat them regularly are not troubled with constipation.

Pecans as
A Body
Regulator

The kernel of one of the improved pecans is almost entirely pure nutriment. In the raw condition it affords a fairly complete and balanced food for human beings. Pecans are not a luxury,

Nutritive
Value of
Pecans

but a highly concentrated and nutritious staple food.

In nutritive value the pecan far exceeds all other food substances. For example, the food value per pound is 3,633 calories, while the average of the same quantity of cereal is 1,654 calories, half the value of the pecan. The average food value of the best vegetables is 300 calories per pound, and of the best fresh fruits 278 calories per pound, or one-fourth that of pecans.

Keystone Pecans are more than a table delicacy. They are a nutritious and wholesome food for everyday use. They are rich in the elements that build strength and vigor. For health-giving nutrition and delicious taste, there is no food to equal the golden-brown, sun-mellowed kernels of the pecan, full of those vitalizing qualities that create that feeling of new energy that comes from better balanced, more efficient food. They give you a new glow of health from head to foot. They add to your store of vitality and give you real nutriment that makes fresh "life cells." Pecan meat is a blood and tissue builder in wonderfully concentrated form. It gives you the benefit of high food value, with little digestive effort and no poisonous waste.

The foremost dietitians and food experts of today agree that of foods which supply the ideal health diet, pecans rank very high.

When pecan kernels are eaten raw they should be masticated and insalivated until reduced to a smooth paste, to insure the prompt admixture and action of the digestive fluids, and render them readily digestible. Mastication is largely a mechanical process, and may be facilitated by crushing the nut into a paste or grinding it into a fine meal.

Pecans eaten whole or in broken pieces should be thoroughly masticated. Combined in foods, they may be grated in a grating machine, which flakes but does not crush, or, they may be used in broken pieces. Pecans are easily digested, the high fat content being of a nature which is readily assimilated and very laxative in effect. They may be eaten in their natural state, or combined with vegetables, cereals, cheese, etc., to form an entree —the main dish of a meal. The consumption of pecans in whatever manner must be recognized as an intake of protein and fat, and the use of other proteins and fats regulated in accordance. Considering the supplementary protein of the average mixed diet, from 2 to 3 ounces of pecans daily would insure adequate protein.

Pecans are rapidly displacing other foods in the broader light of the saner ideas of nutritious and healthful diet. The product of the pecan trees has come to be recognized as the choicest of all foods. The public is today better informed

respecting the high food value of pecans, and especially in view of the steadily increasing cost of other foods, this nut is rapidly gaining higher appreciation. Pecans are becoming more and more a leading constituent of the domestic bill of fare. They are used for hundreds of different dishes in the diet of modern families. The pecan is no longer regarded as a dainty suitable only for dessert, hence the demand which has led to the publication of this first large book of pecan recipes, including every phase of the meal; as one food expert described it, "from soup to nuts."

CHAPTER III

CLASSES OF FLOUR

TYPES OF FLOUR

THE WHEAT KERNEL

COMPOSITION

VARIETIES

CHARACTERISTICS OF FLOUR

CLASSIFICATION OF FLOUR

***“From care in small
details success is
achieved.”***

CHAPTER III

Classes of Flour for Various Uses

In the baking of breads, quick breads, cakes, pies and pastries, there is too general an impression among most women that "flour is flour," therefore any kind of flour will do. This failure to remember a few essential principles, easily understood, may be the source of disappointment and dissatisfaction.

For bread-making, wheat, rye, or corn flour are available; and in all the classifications indicated below. For cakes, pies and pastries the tendency to continue the use of wheat flour, in its white form, is still strongly evident; although increased knowledge of food values is leading many women to experiment with whole wheat flour for pie crust. They realize that it is more difficult to roll into flat sheets, and handle, because of its particles of bran, but they sacrifice convenience in handling for proved increase of food value.

Types of
Flour for
Bread-making

Wheat flour makes the best bread; rye second best, but should be used in combination with wheat flour, or bread will be sticky and moist. Corn flour also gives best results used with wheat flour; used alone, bread will be crumbly.

A grain of wheat consists of an outer covering which is removed before milling; three bran coats, which contain highly valuable mineral salts; the endosperm, made of starch, gluten, a small amount of protein and cellulose; and the germ, which contains fat and protein.

Composition
of Wheat
Kernel

Varieties of Wheat

There are two varieties of wheat: First, the hard, or spring wheat; and second, the soft, or winter wheat. Hard wheat contains starch in a lesser amount and gluten in a greater amount than soft wheat. Hard wheat flour is used for bread where the tenacious, elastic quality of the gluten is needed to hold up the gases which make bread light. Soft wheat, in which starch predominates, is used in making pastry flour.

Characteristics of Bread and Pastry Flours

Bread flour is yellowish in color and slightly gritty or granular to the touch. It passes readily through a sieve and absorbs a comparatively large amount of moisture. Unless otherwise indicated, bread flour is used in recipes where yeast is the leavening material.

Pastry flour is white in color, velvety to the touch, and holds its shape after pressing in the hand. It absorbs a comparatively small amount of moisture. Pastry flour makes a sweeter bread, and may be used to give variety of flavor, but the amount of liquid should be decreased.

Classification of Flour

1. Whole, or entire wheat flour, which contains all the grain except the outer bran coat.
2. Graham flour, which is made of the whole wheat kernel and is darker in color and coarser in texture than whole wheat flour.
3. White flour which is made from the starchy portion of the wheat, lacks the mineral salts and vitamins of whole wheat or graham flours.
4. Bran, which consists of the outer parts of the wheat kernel, is rich in minerals and laxative in quality.

BREADS

are divided into two classes:

Yeast Breads—Chapter IV
Quick Breads—Chapter V

Embraced in these classifications you will find, as table of contents preceding each chapter shows, a broad range including breads, rolls, coffee cakes, biscuits, muffins, griddle cakes, waffles and short cake, etc.

In general the ingredients of Yeast Breads and Quick Breads are the same—flour, salt, sugar (which may or may not be omitted) and a liquid, either milk or water. The point of difference is in the leavening material, the recipes in Chapter IV being based on yeast as a leavening material; those in Chapter V being based on baking powder and similar leavening materials.

***“Bread is the staff of life”
—but when pecans are added
to bread, the loaf becomes
both bread and meat, an
almost completely balanced
ration.***

CHAPTER IV

PECAN YEAST BREADS

WHITE

WHOLE WHEAT

GRAHAM

BRAN

FRUIT

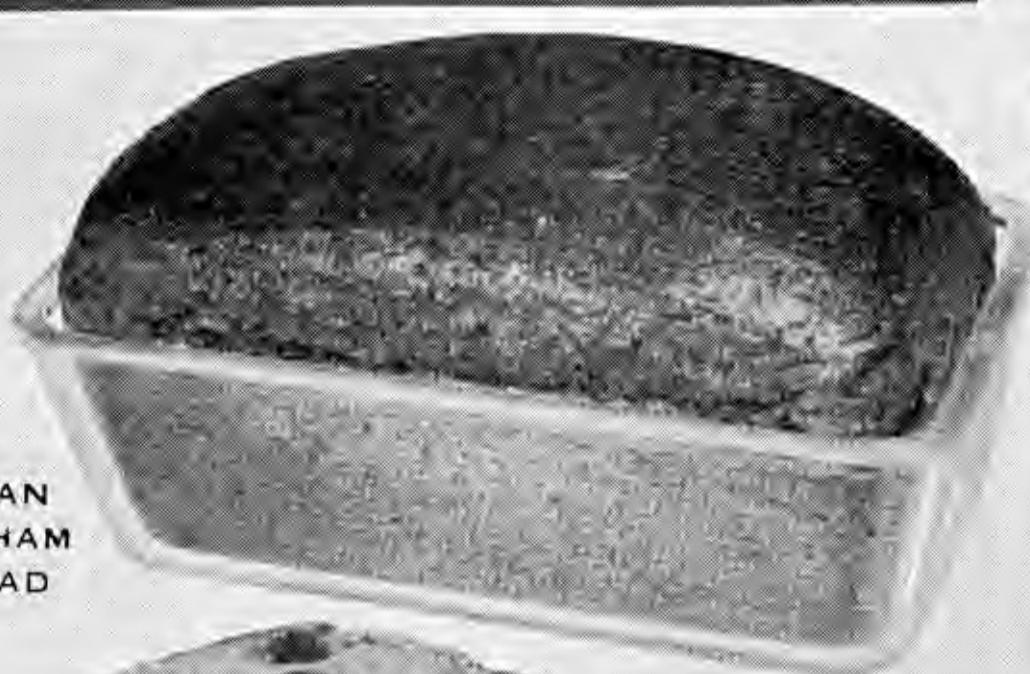
COFFEE CAKE

BUNS AND ROLLS

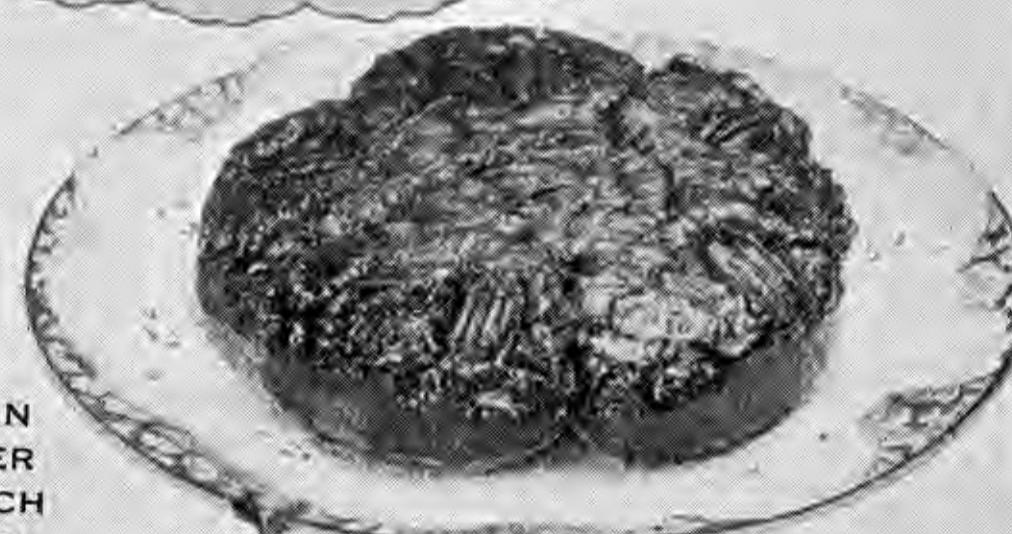
***“Do you want any
better bread than
wheaten?”***

***asks the old
French proverb.***

***“Whole wheat, with
Pecans added,” an-
swers the nutri-
tionist, “is better
tasting and better
for you.”***



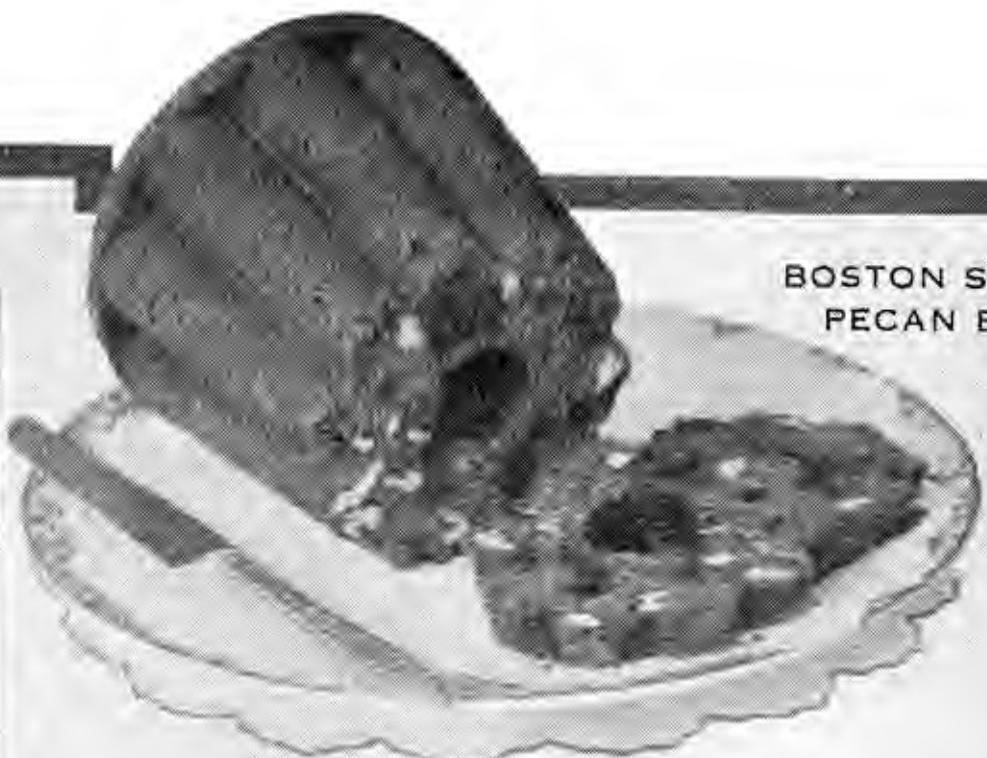
PECAN
GRAHAM
BREAD



PECAN
BUTTER
SCOTCH
BUNS



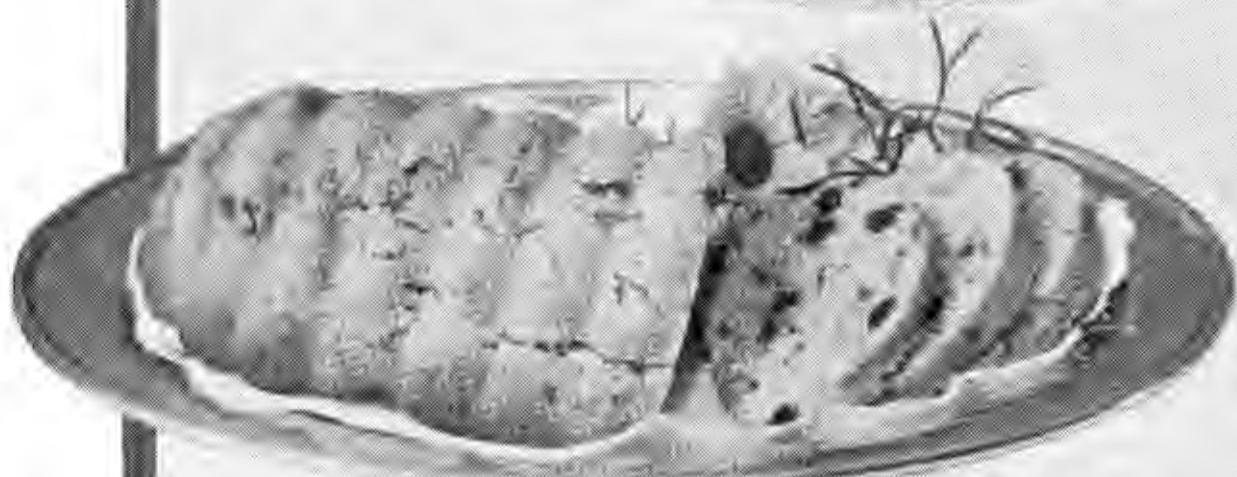
YEAST BREADS—PLAIN AND FANCY



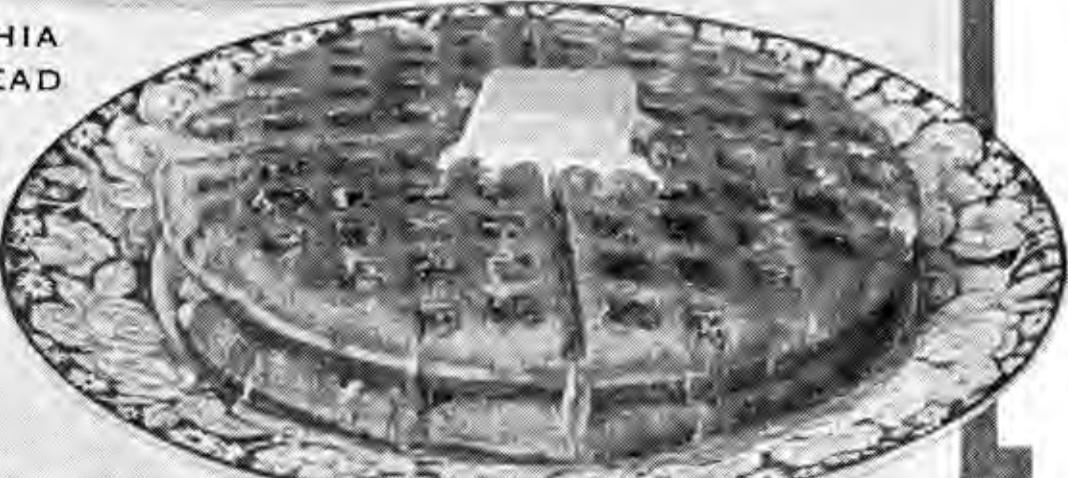
BOSTON STEAMED
PECAN BREAD



PECAN
GRAHAM
DATE GEMS



PHILADELPHIA
DUTCH BREAD
WITH
PECANS



PECAN WAFFLES

PECAN QUICK BREADS



CHAPTER IV

Pecan Yeast Breads

The use of nuts in bread, while only widely followed in America in recent years, is no new idea.

Centuries ago the natives of Spain and Italy, in the chestnut-growing districts, prided themselves on their nut bread; and the primitive American Indian, while he may not have had any food knowledge other than that which came by instinct and observation, ground pecans into his meal.

Nut Breads in Europe and America

What did the Indian gain by this use of pecans, compared to the far-famed chestnut breads of Europe? He secured from the pecan practically twice as much protein as the chestnut provided; and practically fourteen times as much fat. True, he secured only one-third as much carbohydrate, but the carbohydrate of the chestnut is largely starch, which is abundantly provided by the flour itself.

Pecans for a Completely Balanced Bread

With pecans added, the bread becomes bread and meat, a balanced ration, particularly if whole wheat flour is used.

For generations there have been delicious Southern recipes using pecans in the breads and hot breads for which the Southern housewife is famous; the very persistence of these Southern cooks in using pecans in the old days, when the kernels were so small and the shells so hard, is a tribute to that high food value and that wonderful palate appeal which the pecan adds to bread.

Principles of Bread Making

In connection with the following recipes, it is well to remember a few basic principles of bread-making known to most of you; but repeated here so that all may have the fullest assurance of success.

Milk or Water?

The liquid used may be either milk or water. Milk bread is more nutritious and softer in texture, and is preferable if it is to be eaten within a day or two. But milk bread dries more quickly than bread mixed with water; therefore a combination of milk and water is good.

Potato water hastens the action of the yeast and makes a bread of excellent keeping qualities, but darkens the bread slightly.

How Yeast Works

The chemistry of bread-making is simple, and the woman with a knowledge of the principles involved will cease to dread the making of raised bread.

Yeast is a one-celled organism of fungous growth which, when provided with warmth, moisture, and the proper food, grows rapidly and multiplies. In the yeast of today, the yeast plants are compressed, lacking the conditions necessary for growth.

The yeast cake is softened to separate the plants and flour is used to provide, in the starch and gluten, food for growth. The temperature most favorable for the growth of yeast is from 65° to 75° F.

As the yeast plant grows, chemical changes take place—the starch is changed to sugar, and the sugar to alcohol and carbon dioxide gas. The carbon dioxide, in its endeavor to escape, expands the cell walls of the gluten and raises up the dough. This fermentation process is called alco-

holic, and if allowed to continue, it is followed by acetic fermentation, which is the cause of sour bread. The addition of sugar hastens the fermentation process.

The dough when heated to the baking point, kills the yeast plant, evaporates the alcohol, expands the gases, and fixes the cell walls.

1. Scald liquid to destroy organisms which might inhibit the growth of the yeast plant.

2. Add the fat and sugar, if used, and salt to the hot liquid, and cool to lukewarm.

3. Add the yeast which has been dissolved in scalded and cooled water to which a teaspoon of sugar may have been added to hasten the yeast action.

4. Add the flour, sifted if white, in either of the following methods:—

Sponge Method—Add half the amount of flour to the liquid mixture, and beat thoroughly. Cover and set to rise in warm place until spongy and full of holes. Add flour enough to make a dough which can be kneaded. Cover and let rise until double in bulk.

Straight Dough Method—Add all the flour to the liquid mixture, or enough flour to make a dough which can be kneaded. Cover and let rise until double in bulk.

5. To knead—turn dough onto a floured board and press with ball of hand, bringing dough back with finger tips, doubling over and pressing again with the palm, using sufficient force to make the dough stick. Turn part way around and repeat folding and kneading until the dough springs back from the pressure of the finger and feels elastic and light and does not stick to an unfloured board. Kneading distributes the yeast plants and gives uniformity of texture.

Process of
Making Yeast
Bread

6. Rising of dough. Put dough, after kneading, in a greased bowl three times its size. Cover with buttered paper and folded towels, set to rise in a warm place free from drafts. The back of the stove, on or beside a radiator, or placing the bowl in a larger bowl of warm water, should insure sufficient warmth for rising.

7. Shaping loaves. Knead and shape into desired size by folding sides under to make the top perfectly smooth. Put in greased pan, cover and let rise until double in bulk.

8. Baking. The average pound or pound and a half loaf requires 50 to 60 minutes in a moderate oven.

9. After baking, remove from tins and cool on rack, uncovered, if you wish a crisp crust. When cooled, store in closely covered tin or stone receptacle.

PECAN YEAST BREADS

1 C. milk	$\frac{1}{2}$ t. salt	Christmas Bread
1 yeast cake	$\frac{1}{4}$ C. shredded citron	
2 T. water	$\frac{1}{4}$ C. currants	
2 C. flour	$\frac{1}{4}$ C. seedless raisins	
$\frac{1}{4}$ C. shortening	$\frac{1}{2}$ C. chopped pecans	

4 crushed cardamon seeds

Scald milk. When lukewarm, add yeast cake dissolved in 2 T. warm water and flour. Let rise $\frac{1}{2}$ hour. Add shortening, salt, fruit, pecans, and cardamon seeds, and knead. Shape into a loaf and let rise until double in bulk. Bake.

Josephine Hermann.

$\frac{1}{2}$ C. milk	1 egg	Fruit Bread
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ t. salt	
$\frac{1}{2}$ yeast cake	$\frac{1}{4}$ t. cloves, cinnamon and	
2 T. water	mace, mixed	
1 $\frac{3}{4}$ C. flour	$\frac{1}{2}$ C. mixed fruit (raisins,	

3 T. butter

citron, currants)

$\frac{1}{4}$ C. chopped pecans

Scald milk. When lukewarm, add $\frac{1}{2}$ T. of sugar and yeast cake dissolved in 2 T. warm water. Add $\frac{3}{4}$ C. flour. Beat well. Let rise. Add butter and remainder of sugar creamed together, well beaten egg, remainder of flour mixed and sifted with salt and spices, fruit, and pecans. Knead and set to rise until mixture has doubled in bulk. Bake.

Emma Kahl.

$\frac{1}{2}$ yeast cake	1 C. milk	Graham Bread
$\frac{3}{4}$ C. white flour	$\frac{1}{4}$ C. chopped raisins	
$\frac{3}{4}$ C. graham flour	$\frac{1}{4}$ C. grated pecans	
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ T. butter	

Dissolve yeast cake in $\frac{1}{4}$ C. milk which has been scalded and cooled to lukewarm. Add flour, to which salt has been added, alternately with remainder of milk, using not more than $\frac{1}{2}$ C. flour at a time. Put raisins through food chopper and pecans through nut grater and add to mixture. Add melted butter and knead well on board. Make into loaf and let rise until double in bulk and bake.

Elizabeth Abney.

800 PROVED PECAN RECIPES

Graham and White Bread

$\frac{1}{2}$ yeast cake	$\frac{3}{4}$ C. graham flour
1 T. sugar	1 C. white flour
$\frac{1}{2}$ C. milk	$\frac{1}{2}$ t. salt
	$\frac{1}{2}$ C. pecans grated

Dissolve yeast and sugar in milk which has been scalded and cooled to lukewarm. Add sufficient flour, to which salt has been added, to make sponge. Let rise $\frac{1}{2}$ hour or until bubbles form. Add remainder of flour and pecans and knead until light. Make into loaf and let rise until double in bulk. Bake.

A. V. Long.

Oatmeal Fruit Bread

$\frac{1}{4}$ C. milk	1 T. butter
$\frac{1}{2}$ yeast cake	$\frac{3}{4}$ C. boiling water
$\frac{1}{4}$ C. water	1 C. uncooked oatmeal
2 C. flour	$\frac{1}{4}$ C. stoned dates or
$\frac{1}{2}$ t. salt	prunes (cooked and chop-
$\frac{1}{4}$ C. molasses	ped) or seeded raisins
	$\frac{1}{2}$ C. chopped pecans

Scald milk. When lukewarm, add yeast cake dissolved in $\frac{1}{4}$ C. lukewarm water, flour sifted with salt, molasses, and melted butter. Pour boiling water over oatmeal. When cool, add to first mixture. Add chopped fruit, and pecans. Knead and let rise until double in bulk. Knead, place in pan, and let rise again until double in bulk. Bake.

Mrs. M. N. Fredrickson.

White Bread I

2 C. flour	$\frac{1}{2}$ cake compressed yeast
2 T. sugar	2 T. water
2 T. shortening	$\frac{1}{2}$ t. salt
1 $\frac{1}{2}$ C. milk	$\frac{1}{2}$ C. pecans chopped

Scald milk and add to sugar, salt, and shortening. When lukewarm add yeast dissolved in 2 T. warm water and sufficient flour to make a soft sponge. Cover and let rise in warm place. Add pecans and enough flour to make a stiff dough. Cover and let rise again until light. Mould into loaf and let rise until double in bulk. Bake.

Mrs. M. Coachenberry.

PECAN YEAST BREADS

1 C. water	2 T. sugar	White
1 yeast cake	2 T. Crisco or butter	Bread II
2 T. water	1 C. grated pecans	
1 T. sugar	½ C. graham flour	
2½ C. flour	½ t. salt	

Boil water. When lukewarm, add yeast cake dissolved in 2 T. warm water, 1 T. sugar, and 1¼ C. flour. Beat thoroughly. Let rise until light. Add butter and sugar creamed together, pecans, graham flour, remainder of white flour, and salt. Knead and let rise until double in bulk. Knead, shape into loaf, and let rise until light. Bake.

Mazie Nicholas.

½ yeast cake	½ t. salt	Whole Wheat
2 T. warm water	1 C. white flour	Bread
½ C. milk or water	¾ C. whole wheat flour	
1 T. sugar	½ C. pecans	

Dissolve yeast in 2 T. warm water. Scald milk, add sugar and salt, and 1 T. white flour. Let cool and add yeast and ¾ C. flour and beat well. Let rise until full of bubbles. Add remainder of flour and pecans. Knead well, shape into loaf, let stand until double in bulk, and bake.

Mrs. K. H. Evans.

½ C. milk	2 T. lukewarm water	Whole Wheat
2 T. sugar	1 C. flour	and Raisin
½ t. salt	¾ C. whole wheat flour	Bread
1 T. shortening	¼ C. seedless raisins	
½ cake yeast	¼ C. finely chopped pecans	

Scald milk and add sugar, salt, and shortening. Cool until lukewarm and add the yeast cake, which has been softened in the lukewarm water. Add ¾ C. white flour and beat well. Let stand until full of bubbles. Add the remaining white flour, the whole wheat flour, raisins, and pecans. Knead well and let rise until trebled in bulk. Knead down, shape into a loaf, and let rise till double in bulk. Bake.

800 PROVED PECAN RECIPES

**Butterscotch
Coffee Cake**

1 C. milk	1 yeast cake
$\frac{1}{3}$ C. sugar	$\frac{1}{2}$ C. water
$\frac{1}{3}$ C. butter	2 eggs
$\frac{1}{2}$ t. salt	Flour
Top Mixture	
2 T. butter	$\frac{1}{2}$ t. salt
2 $\frac{1}{2}$ T. sugar	3 T. chopped pecans
	$\frac{1}{2}$ t. cinnamon

Scald milk and add sugar, butter, and salt. When lukewarm, add yeast cake dissolved in luke-warm water, well beaten eggs, and enough flour to make a stiff batter. Let rise until more than doubled in bulk. Beat thoroughly, spread in buttered pan and cover with top mixture made by combining butter, sugar, salt, pecans and cinnamon. Let rise 20 min. and bake.

Nina Rowan.

Coffee Cake

1 C. milk	$\frac{1}{2}$ C. brown sugar
1 cake yeast	1 egg
1 T. sugar	1 C. chopped pecans
2 C. flour	$\frac{1}{4}$ t. salt
$\frac{1}{4}$ C. butter	3 T. cinnamon

Scald milk, cool until lukewarm. Dissolve yeast and 1 T. sugar in the milk. Add 1 C. sifted flour, beat well, and let rise 45 minutes. Cream butter and brown sugar, add well beaten egg and beat thoroughly. Combine with sponge mixture. To this add 1 C. flour, pecans, and salt, stirring until well mixed. Let rise until double in bulk. Roll 1 inch thick. Place in greased pan, brush with butter, sprinkle with sugar, cinnamon and pecans, let rise until light, and bake.

Guarner Gray Jones.

Dinner Rolls

1 C. milk	$\frac{1}{3}$ C. sugar
1 yeast cake	2 T. butter
2 T. water	1 egg white
1 T. sugar	$\frac{3}{4}$ C. chopped pecans
3 C. flour	$\frac{1}{2}$ t. salt

Scald milk. When lukewarm, add yeast cake dissolved in 2 T. warm water, 1 T. sugar, and 1 $\frac{1}{4}$

PECAN YEAST BREADS

C. flour. Beat thoroughly. Let rise until light. Add butter and sugar creamed together, stiffly beaten egg white, pecans, remainder of flour, and salt. Knead. Let rise until double in bulk. Knead, shape into rolls, and let rise 1 hr. Bake in hot oven.

This recipe may be used for dinner rolls, Vienna rolls, Parkerhouse rolls, finger rolls, bread sticks, etc.

Winnie Woods.

1 C. milk	$\frac{1}{4}$ C. butter	Finger Rolls
$\frac{1}{2}$ yeast cake	$\frac{1}{2}$ t. salt	
3 C. flour	2 eggs	
$\frac{1}{4}$ C. sugar	$\frac{1}{4}$ C. pecans chopped	

Scald milk. When lukewarm, add yeast cake dissolved in 2 T. lukewarm milk. Add 1 C. flour, beat and let rise. When light add sugar, butter, salt, eggs, pecans and remainder of flour. Knead and let rise. When double in bulk knead and shape into finger rolls. Place in buttered finger-roll pans, when double in size bake 30 minutes in a hot oven.

Eula Phillips.

$\frac{1}{2}$ yeast cake	Vanilla or cardamon	Cinnamon
3 T. warm water	Nutmeg	Rolls
1 C. milk	3 C. flour	
$\frac{1}{4}$ C. Crisco	Butter	
$\frac{3}{8}$ C. sugar	Pecans	
1 t. salt	Cinnamon	
1 egg	Sugar	

Dissolve yeast in warm water. Add Crisco, sugar, and salt, to scalded milk. Beat egg well. Add nutmeg and vanilla. When milk is lukewarm, add dissolved yeast cake, egg mixture, and flour. Let rise. Knead, roll out, spread with melted butter, sprinkle generously with chopped pecans, cinnamon, and sugar. Roll as for a jelly roll. Cut in slices $1\frac{1}{2}$ inch thick. Stand on end in pan. Let rise. Brush over with egg yolk beaten with water, and bake.

Mrs. A. H. Johnson.

800 PROVED PECAN RECIPES

**Raisin Coffee
Cake**

1 egg	$\frac{1}{2}$ t. vanilla
$\frac{1}{6}$ C. butter	2 C. flour
$\frac{1}{3}$ C. sugar	$\frac{1}{4}$ C. raisins
$\frac{2}{3}$ C. milk	$\frac{1}{4}$ C. chopped pecans
$\frac{2}{3}$ yeast cake	1 t. cinnamon

Top Mixture

$\frac{1}{3}$ C. sugar	1 t. flour
$\frac{1}{6}$ C. butter	$\frac{1}{4}$ C. chopped pecans

Cream together the egg, butter, and sugar. Add the milk which has been scalded and cooled to lukewarm, keeping aside a small amount to dissolve the yeast. Mix yeast with a tablespoon of flour and one of sugar until it forms a paste, then add to other ingredients. Add vanilla and cinnamon and part of flour, then the raisins and pecans with the remaining flour. Let rise overnight or a few hours in a warm place. Knead. Put in pans and let rise again. Spread the top with melted butter, then sprinkle the crumb mixture, made from the sugar, flour, and pecans, evenly over the top, and bake.

Mrs. Harvey P. Frank.

**Butterscotch
Buns**

$\frac{1}{2}$ yeast cake	$\frac{1}{2}$ t. salt
$\frac{3}{4}$ C. milk	2 $\frac{1}{2}$ C. flour
2 T. sugar	$\frac{1}{2}$ C. pecans
2 T. shortening	Cinnamon
$\frac{1}{2}$ egg	Butter

Butterscotch Syrup

1 C. brown sugar	1 t. lemon juice
3 T. water	Vanilla
1 T. butter	Pecan halves
1 t. honey	

Scald milk and cool till lukewarm. Dissolve yeast cake and $\frac{1}{2}$ t. sugar in $\frac{1}{4}$ C. of the milk. Add rest of the milk and 1 C. flour. Beat well, and let rise till bubbles begin to break. Cream sugar and shortening, add egg, and mix with sponge. Add rest of the flour and salt, kneading the last cupful in on the board. Let rise until doubled in bulk. Roll out to $\frac{1}{4}$ inch in thickness, spread with butter, sprinkle with cinnamon, and

PECAN YEAST BREADS

roll. Cut into $1\frac{1}{2}$ inch pieces. Place on end in pan prepared with butterscotch syrup made by boiling the ingredients for 10 min. and adding vanilla and pecans. Let rise until very light and bake in a moderate oven 20 to 30 minutes. Turn out upside down as soon as removed from oven.

Irene E. Robb.

1 potato	1 $\frac{1}{2}$ T. Crisco	Bran Rolls
1 C. water	$\frac{3}{8}$ C. sugar	
$\frac{1}{2}$ yeast cake	1 C. bran	
$\frac{1}{2}$ C. water	1 t. salt	
2 C. flour	$\frac{1}{3}$ C. chopped pecans	
	$\frac{1}{3}$ C. raisins	

Boil potato in 1 C. water. When done, mash in the water. When lukewarm, add yeast cake dissolved in $\frac{1}{2}$ C. lukewarm water. Add flour to make a soft batter. Let rise two hours. Add remainder of flour, melted Crisco, sugar, bran, salt, pecans, raisins, and knead. Let rise two hours. Knead, divide into rolls, put in pans, and let rise another hour. Bake.

Mrs. S. A. Heward.

$\frac{1}{2}$ C. milk	2 T. water	Frosted
$\frac{1}{2}$ C. Crisco	$1\frac{1}{2}$ eggs	Pinwheel Rolls
$\frac{1}{2}$ T. sugar	2 C. flour	
$\frac{1}{2}$ t. salt	$\frac{3}{8}$ C. sugar	
$\frac{1}{2}$ cake yeast	Pecans	

Cinnamon

Scald milk and add Crisco, sugar, and salt. When lukewarm, add yeast cake dissolved in 2 T. water, egg yolks, and flour. Let rise over-night. Knead, roll out to $\frac{1}{4}$ inch in thickness. Spread with egg whites and sugar. Sprinkle with chopped pecans and cinnamon. Roll up like a jelly roll. Cut in slices. Let rise 2 hours. Bake $\frac{3}{4}$ hour and frost with powdered sugar icing and sprinkle with finely chopped pecans.

Mrs. W. G. Benninger.

800 PROVED PECAN RECIPES

Hot Cross Buns

$\frac{1}{2}$ cake yeast	1 egg
$\frac{1}{4}$ C. water	$\frac{3}{4}$ t. cinnamon and ginger
1 C. milk	$\frac{1}{2}$ C. chopped pecans
$\frac{1}{4}$ C. sugar	$\frac{1}{2}$ C. currants
3 T. shortening	1 t. salt

Flour

Dissolve yeast in lukewarm water, add to milk which has been scalded and cooled. Add sugar and shortening creamed together, the egg beaten light, spices, pecans, and currants, flour to make stiff dough, and salt. Let rise $2\frac{1}{2}$ to 3 hours, and bake. If a cross is desired on top of buns, cut with knife after shaping into buns and let rise a few minutes before baking.

Mrs. Claude Van Aken.

Parkerhouse Rolls

1 potato	2 T. Crisco
$1\frac{1}{3}$ C. potato water	$\frac{1}{3}$ yeast cake
$1\frac{1}{3}$ C. milk	2 T. water
2 T. sugar	1 C. chopped pecans
1 t. salt	Flour

Scald milk. Add potato mashed in potato water, sugar, salt, and melted Crisco. When lukewarm, add yeast cake dissolved in 2 T. warm water and enough flour to make a sponge. Let stand 2 hours. Then add enough flour to make into loaf. Let stand overnight. In morning knead, work in pecans, and shape into Parkerhouse rolls. Let rise, butter tops, and bake.

Edith A. Meyer.

Potato Spiced Rolls

1 C. milk	$\frac{1}{2}$ C. butter
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ C. mashed potatoes	Flour
$\frac{1}{2}$ yeast cake	Sugar
2 T. water	Cinnamon
1 egg	Chopped pecans

Butter

Scald milk and add sugar and potatoes. When lukewarm, add yeast cake dissolved in 2 T. warm water and let rise overnight. In the morning add

PECAN YEAST BREADS

egg, butter, salt, and enough flour to form into a loaf. Let rise and roll out to $\frac{1}{2}$ inch in thickness. Spread with butter, sprinkle with sugar, cinnamon, and pecans. Roll up as for jelly roll, cut in 1 inch slices, place on end in pan, and let rise. Spread with butter, sprinkle with sugar, and bake.

Mrs. R. J. Roesch.

1 C. milk	1 t. salt	Raised Buns
1 cake yeast	1 C. chopped pecans	
2 T. water	2 eggs	
2 T. powdered sugar	$\frac{1}{2}$ C. butter	
Flour		

Scald milk. When lukewarm, add yeast cake dissolved in 2 T. warm water, sugar, and enough flour to make a medium stiff batter. Let rise overnight. In morning, knead, add salt, nuts, eggs, melted butter, and flour until dough is stiff. Let stand 2 hours. Knead, make into small balls, place in pans, let rise 2 hours. Brush over with mixture of milk, egg white, and sugar, and bake.

Thomas J. Scanlon.

1 C. milk	2 C. flour	Spice Buns
$\frac{1}{3}$ C. sugar	$\frac{1}{2}$ C. butter	
$\frac{1}{2}$ t. salt	1 T. cinnamon	
1 yeast cake	$\frac{1}{2}$ C. pecans grated	
$\frac{1}{4}$ C. lukewarm water	1 t. lemon	

Scald milk. Add half of sugar, and salt. When lukewarm, add yeast cake dissolved in lukewarm water, and 2 C. flour. Let rise until light. Knead. Add butter, remaining sugar, cinnamon, pecans, lemon, and flour to make a dough. Let rise, shape like biscuits, let rise again and bake. May be brushed with beaten egg before baking if preferred glazed.

Mrs. M. Coachenberry.

800 PROVED PECAN RECIPES

**Schnecken
Rolls**

1 C. milk	2 T. water
1 C. boiling water	2 C. flour
2 T. shortening	2 C. whole wheat flour
2 T. sugar	Butter
1 t. salt	Sugar
$\frac{1}{2}$ cake yeast	Cinnamon
	1 C. pecans

Scald the milk with the boiling water. Add shortening, sugar, and salt. When lukewarm, add yeast dissolved in 2 T. warm water, and white flour. Beat well and let rise overnight. Add whole wheat flour, kneading well. Let rise again. Roll thinly, spread with butter, sugar, cinnamon, and chopped pecans. Roll up and cut in $1\frac{1}{2}$ to 2 inch pieces. Place on end in pan and put a small lump of butter on the top of each roll. Let rise and bake in hot oven from 20 to 25 minutes.

Mrs. W. J. Eddy.

CHAPTER V

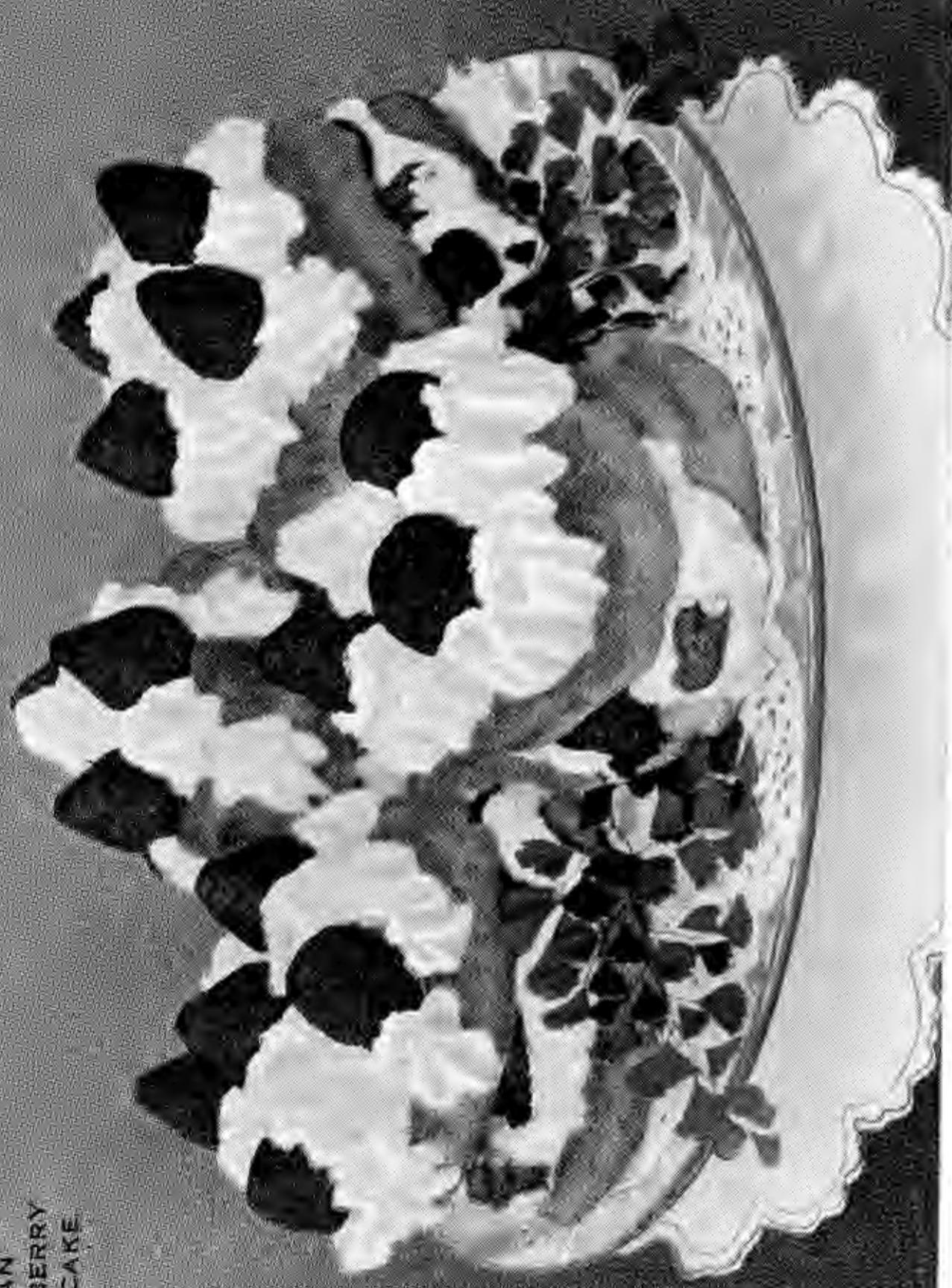
PECAN QUICK BREADS

WHITE
WHOLE WHEAT
GRAHAM
BRAN
RYE
FRUIT
BISCUITS
MUFFINS
ROLLS
TEA CAKES
COFFEE CAKES
SHORT CAKES
GRIDDLE CAKES

***"If it were done * * * *
'twere well it
were done quickly."***

Shakespeare.

PECAN
STRAWBERRY
SHORTCAKE



CHAPTER V

Quick Breads

The present-day tendency to shorten the time involved in all housework has led in some cases to the abandonment of yeast breads; and it is fortunate that this tendency has led to the evolution of the so-called quick breads, to which baking powders and similar leavening agents are used, or physical leavening.

Contrary to the general belief, the right baking powder bread is just as healthful as the yeast breads, and the recipes which follow have all been thoroughly tested and are recommended for their nutritional value as well as their exceptional appeal to the appetite.

Quick
—and
Healthful

In connection with all these recipes you will note a material reduction in the amount of butter used due to the fact that the fat content of the pecan cuts down the need for butter.

This term is applied to all those bread or bread-like mixtures which are made light by physical or chemical leavening agents. They are made up quickly and are baked at once.

Physical leavening is the incorporation of air by beating. Chemical leavening is produced by the reaction of an alkali and an acid in presence of heat and moisture to form carbon dioxide gas. The alkali used is sodium bicarbonate, commonly

Physical
Leavening
—or Baking
Powder

known as baking soda, and the acid may be a tartrate or phosphate, the two being held in a starch medium and called baking powder. The sodium bicarbonate may be combined with the acids of sour milk, molasses or fruits, and should be handled quickly, as the reaction is immediate.

Baking powder breads of an average size, one to one and a half pounds, should be baked in a moderate oven 50 to 60 minutes. Other quick breads require a higher temperature and a shorter length of time.

PECAN QUICK BREADS

2 T. sugar	$\frac{1}{2}$ t. salt	Bran and
$\frac{1}{2}$ beaten egg	1 $\frac{1}{4}$ C. graham flour	Graham Bread
$\frac{1}{2}$ C. white flour	$\frac{1}{4}$ C. bran	
$\frac{1}{2}$ t. baking powder	1 T. melted butter	
$\frac{1}{2}$ t. soda	1 C. sour milk	
	$\frac{1}{2}$ C. chopped or grated pecans	

Beat egg and sugar together. Mix and sift white flour, baking powder, and salt. Add graham flour and bran. Add this to the first mixture alternately with the sour milk in which soda has been dissolved. Add melted butter and pecans. Let rise 20 min. and bake.

Mrs. E. A. Drews.

$\frac{1}{2}$ C. white flour	$\frac{1}{4}$ C. molasses	Boston
$\frac{1}{2}$ t. salt	1 $\frac{1}{8}$ C. sour milk	Brown Bread
1 $\frac{1}{2}$ C. graham flour	$\frac{1}{2}$ T. Crisco	
$\frac{3}{8}$ C. dark brown sugar	$\frac{1}{2}$ egg	
$\frac{1}{2}$ t. soda	$\frac{1}{4}$ C. chopped pecans	
	$\frac{1}{4}$ C. raisins	

Mix and sift white flour and salt. Add graham flour and sugar, soda dissolved in sour milk and molasses, melted Crisco, well beaten egg, chopped pecans and raisins. Fill 1-lb. baking powder cans half full, put lids on, and bake one hour in slow oven.

Mrs. L. E. Johnston.

1 C. white flour	$\frac{1}{2}$ C. molasses	Boston
$\frac{1}{2}$ t. salt	1 T. butter	Steamed Bread
2 C. graham flour	1 egg	
1 t. soda	$\frac{1}{2}$ C. raisins	
1 C. buttermilk	1 C. chopped pecans	

Mix and sift white flour and salt. Add graham flour, soda dissolved in buttermilk and molasses, melted butter, well beaten egg, floured raisins, and pecans. Steam 3 hours.

Mrs. Lamar Penny.

800 PROVED PECAN RECIPES

**Bran
Buttermilk
Bread**

$\frac{1}{4}$ C. sugar	$\frac{1}{2}$ C. bran
$\frac{1}{2}$ egg	$\frac{1}{2}$ t. soda
$\frac{1}{2}$ C. white flour	2 T. molasses
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. buttermilk
$\frac{1}{2}$ C. graham flour	$\frac{1}{6}$ C. grated pecans

Beat egg and sugar together. Mix and sift white flour and salt. Add graham flour and bran. Dissolve soda in molasses and buttermilk and add alternately with the dry ingredients to the first mixture. Add pecans and bake. ($\frac{1}{2}$ C. raisins may be added if desired.)

Mrs. Geo. Stockfleth.

Bran Bread

$\frac{3}{4}$ C. bran	$1\frac{1}{2}$ t. baking powder
$\frac{3}{4}$ C. white flour	$\frac{1}{2}$ egg
$\frac{1}{2}$ C. graham flour	3 T. sugar
$\frac{3}{4}$ C. sweet milk	$\frac{3}{4}$ C. grated pecans
	$\frac{1}{2}$ t. salt

Mix and sift dry ingredients, add bran, graham flour, milk, egg and pecans. Mix well. Let rise 20 min. Bake in slow oven.

Mrs. D. C. Yontiss.

**Brown
Raisin Bread**

1 C. white flour	1 t. soda
1 t. baking powder	$\frac{1}{2}$ C. molasses
1 t. salt	$1\frac{1}{2}$ C. buttermilk
2 C. graham flour	$\frac{1}{2}$ C. pecans
	$\frac{2}{3}$ C. raisins

Mix and sift white flour, baking powder, and salt. Add graham flour, soda dissolved in molasses and buttermilk, pecans, and raisins. Bake with pan of water placed under bread.

Mrs. H. R. Haile.

PECAN QUICK BREADS

$\frac{1}{2}$ C. sugar	2 t. baking powder	Bran
$\frac{1}{2}$ egg	$1\frac{1}{4}$ C. bran	Health Bread
$\frac{3}{4}$ C. milk	$\frac{1}{2}$ t. salt	
1 C. flour	$\frac{1}{2}$ C. grated pecans	

Beat egg and sugar together. Mix and sift flour, baking powder, and salt. Add bran and combine alternately with the milk to the first mixture. Add pecans and bake.

Mary Lally.

$\frac{3}{4}$ C. white flour	$\frac{1}{8}$ t. soda	Bran Molasses
1 t. baking powder	$1\frac{1}{2}$ T. molasses	Bread
$\frac{1}{2}$ t. salt	$\frac{5}{8}$ C. sour milk	
1 $\frac{1}{2}$ C. bran	$\frac{1}{2}$ C. finely chopped pecans	

Mix and sift flour, baking powder and salt. Add bran. Dissolve soda in molasses and sour milk and add to dry ingredients. Add chopped or grated pecans and bake.

Libbie E. Booth.

$1\frac{1}{4}$ C. white flour	1 C. milk	Brown
2 t. baking powder	1 egg	Orange Bread
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ T. melted butter	
$\frac{1}{4}$ C. sugar	$\frac{1}{2}$ t. orange extract	
1 C. graham flour	$\frac{1}{3}$ C. chopped pecans	

Mix and sift the first four ingredients. Add graham flour, milk, well beaten egg, melted butter, orange extract and pecans. Bake.

Mrs. W. P. Eldredge.

$\frac{3}{4}$ C. white flour	$\frac{3}{8}$ C. molasses	Cornmeal
$\frac{1}{2}$ t. salt	$1\frac{1}{4}$ C. buttermilk	Bread
1 C. cornmeal	1 T. Crisco	
$\frac{1}{2}$ t. soda	$\frac{1}{2}$ C. chopped pecans	

Mix and sift flour and salt, and add cornmeal. Dissolve soda in molasses and buttermilk and add to dry ingredients. Add melted Crisco, and chopped or grated pecans, and bake.

Mrs. Maud Thompson.

800 PROVED PECAN RECIPES

Bishop's Bread

$\frac{3}{4}$ C. sugar	$\frac{1}{2}$ C. raisins
2 eggs	1 t. vanilla
$\frac{1}{2}$ C. chopped pecans	$1\frac{1}{2}$ C. flour

Beat eggs until light, add sugar, vanilla, pecans, finely cut raisins, and flour. Beat well. Spread out in buttered square biscuit pan and bake till light brown. Cut in 2-inch squares and bake until crisp brown.

Mrs. Ida Lindig.

Orange Bread

$2\frac{1}{2}$ C. pastry flour	$\frac{1}{2}$ C. graham flour
3 t. baking powder	1 C. milk
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ egg
$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ C. candied orange peel
	$\frac{1}{4}$ C. chopped pecans

Mix and sift the first four ingredients. Add graham flour, milk, beaten egg, candied orange peel, and chopped or grated pecans. Bake.

Mrs. Leslie B. Rundle.

Bran and Raisin Bread

$\frac{3}{4}$ C. flour	$\frac{1}{2}$ C. chopped pecans
1 t. baking powder	$\frac{1}{2}$ C. raisins
$\frac{1}{2}$ t. salt	$\frac{1}{4}$ t. soda
$1\frac{1}{2}$ C. bran	$1\frac{1}{2}$ T. molasses
	$1\frac{1}{4}$ C. sour milk

Mix and sift flour, baking powder, and salt. Add bran, pecans, and chopped raisins. Dissolve soda in molasses and sour milk, and add to dry ingredients. Bake.

Mrs. Marie Miller.

Graham Bread

$\frac{1}{2}$ C. white flour	$\frac{1}{4}$ C. chopped pecans
1 C. graham flour	$\frac{1}{2}$ t. salt
$\frac{3}{4}$ C. sour milk and cream	$\frac{1}{2}$ t. soda
2 T. sugar	$\frac{1}{2}$ t. baking powder

Mix and sift flour, sugar, salt, soda, and baking powder. Add graham flour, milk, and nuts well floured. Bake.

Lenore Nelson.

PECAN QUICK BREADS

1 C. white flour	$\frac{1}{4}$ t. soda	
$\frac{1}{2}$ t. salt	$\frac{3}{4}$ C. milk	
1 $\frac{1}{2}$ t. baking powder	$\frac{1}{3}$ C. molasses	
1 C. buckwheat flour	$\frac{1}{4}$ C. pecans, chopped or grated	

Buckwheat
Bread

Mix and sift white flour, salt, and baking powder. Add buckwheat flour. Dissolve soda in milk and molasses, and add to dry ingredients. Add pecans and bake.

Nellie C. Nordstrom.

1 egg	$\frac{1}{2}$ t. salt	
$\frac{1}{2}$ C. sugar	$\frac{3}{4}$ C. milk	
2 C. flour	$\frac{3}{4}$ C. grated pecans	
2 t. baking powder	Candied cherries (approx. $\frac{1}{4}$ C.)	

Cherry Bread

Beat together egg and sugar. Mix and sift dry ingredients and add to egg mixture alternately with the milk. Add pecans and candied cherries, cut in pieces. Let rise 20 min. and bake.

Mrs. R. E. Coleman.

1 t. soda	1 t. salt	
1 C. chopped dates	2 T. melted butter	
1 C. water	1 egg	
1 C. broken pecans	$\frac{1}{2}$ C. sugar	
	2 C. flour	

Dark
Date Bread

Sprinkle soda over chopped dates. Pour boiling water over the dates and soda and let cool. Add the remaining ingredients and bake.

Mrs. C. W. Fisher.

1 C. light brown sugar	2 t. baking powder	
2 eggs	$\frac{1}{2}$ t. salt	
1 C. milk	$\frac{1}{2}$ C. chopped pecans	
2 C. flour	$\frac{1}{2}$ C. chopped dates	

Date Loaf

Beat sugar and eggs together. Mix and sift dry ingredients and add alternately with the milk. Add floured, chopped nuts and dates. Let stand 20 min. and bake.

Mrs. F. E. Danckert.

800 PROVED PECAN RECIPES

Cream of Wheat Bread	2 T. melted butter 1½ T. sugar 1 egg ¾ C. flour 1 t. salt	½ C. uncooked Cream of Wheat ½ t. soda 1 C. sour milk ½ C. chopped pecans
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Mrs. L. H. Keith.

Graham and Date Bread

2 T. shortening	1 C. sour milk
$\frac{3}{4}$ C. brown sugar	1 pkg. dates
1 egg	$\frac{3}{4}$ C. chopped pecans
1 t. soda	3 C. graham flour
	1 t. salt

Cream shortening and sugar, add beaten egg, and sour milk, in which baking soda has been dissolved. Add chopped dates, pecans, graham flour, and salt. Bake.

Mrs. A. Ramsperger.

Cut the orange peel into narrow strips. Put in cold, salted water and boil until tender. Drain, and add sugar, and boiling water. Boil slowly until peeling is thoroughly sugared. Cool, and add milk, egg, and sifted salt, flour, and baking powder, and chopped pecans. Bake.

Mrs. M. A. Kingdon.

PECAN QUICK BREADS

$\frac{1}{2}$ C. brown sugar	1 C. white flour	Brown Bread
$\frac{1}{2}$ C. chopped pecans	2 t. baking powder	
$\frac{1}{2}$ C. chopped dates	$\frac{1}{2}$ t. salt	
1 C. graham flour	$\frac{1}{2}$ egg	
	1 C. milk	

Mix sugar, pecans, dates, graham flour, and flour sifted with baking powder and salt. Add egg mixed with the milk. Let rise in warm place for 15 minutes and bake.

Mrs. W. B. Lyon.

$\frac{1}{2}$ C. white flour	$\frac{1}{4}$ C. cornmeal	Coarse Loaf
1 t. baking powder	$\frac{1}{2}$ t. soda	
$\frac{1}{2}$ t. salt	1 C. sour milk	
1 $\frac{1}{4}$ C. graham flour	$\frac{1}{2}$ C. molasses	
$\frac{1}{4}$ C. rye flour	$\frac{1}{2}$ C. raisins	
	$\frac{1}{2}$ C. chopped pecans	

Mix and sift white flour, baking powder, and salt. Add graham flour, rye flour, cornmeal, soda dissolved in sour milk and molasses, raisins, and pecans. Bake.

Martha Kron.

2 C. bread flour	$\frac{1}{4}$ C. chopped orange peel	Cornmeal and
6 t. baking powder	1 C. chopped dates	Date Bread
$\frac{1}{2}$ t. salt	$\frac{2}{3}$ C. chopped pecans	
1 C. cornmeal	1 egg	
1 t. mixed spices	1 $\frac{1}{2}$ C. milk	
	2 T. shortening	

Mix and sift dry ingredients and add cornmeal, chopped fruits, and pecans. Add egg and melted shortening to milk, and add dry ingredients. Bake.

Mrs. E. M. Drake.

1 C. flour	$\frac{1}{2}$ C. sugar	Brown
$\frac{1}{4}$ t. soda	1 C. sour cream	Fruit Bread
2 t. baking powder	1 C. chopped dates	
$\frac{1}{2}$ t. salt	$\frac{1}{4}$ C. chopped candied cher-	
1 C. graham flour	ries	
	$\frac{1}{2}$ C. chopped pecans	

Mix and sift the flour, soda, baking powder, and salt. Add sugar, graham flour, sour cream, and beat well. Add floured fruit and pecans. Bake.

Lucille Nelson.

800 PROVED PECAN RECIPES

Graham Maple Syrup Bread	1 C. graham flour 1 C. white flour 2 t. baking powder $\frac{1}{2}$ t. soda $\frac{1}{2}$ t. salt	2 T. sugar 2 T. maple syrup 1 C. sour milk or butter-milk $\frac{1}{2}$ C. grated pecans
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Mix and sift together white flour, baking powder, soda, salt, and sugar. Mix with graham flour. Add syrup, milk, and nuts. Mix thoroughly and bake.

Mrs. Fay E. Clarke.

Graham Molasses Bread	1 C. graham flour 1 C. white flour 1 t. baking powder $\frac{1}{2}$ t. salt	$\frac{1}{4}$ C. molasses 1 C. sour milk 1 t. baking soda $\frac{1}{3}$ C. chopped pecans $\frac{2}{3}$ C. seedless raisins
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Mix and sift together white flour, baking powder, and salt. Add graham flour, molasses, and soda which has been dissolved in sour milk. Then add pecans and raisins. Bake.

Mrs. W. E. Owens.

Graham and Rye Bread	1 egg $\frac{2}{3}$ C. sugar $1\frac{1}{2}$ C. white flour 1 C. graham flour $\frac{1}{2}$ C. rye flour	1 t. salt 1 t. soda $1\frac{1}{2}$ C. sour milk 2 T. chopped raisins 4 T. chopped pecans
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Beat together egg and sugar. Add dry ingredients alternately with sour milk in which soda has been dissolved. Add raisins and pecans and bake.

Mrs. G. Leander.

Johnny Cake	$1\frac{1}{2}$ eggs $\frac{3}{4}$ C. milk 1 C. cornmeal $\frac{1}{2}$ C. flour	$\frac{1}{2}$ T. sugar $\frac{1}{2}$ t. salt 1 t. baking powder $\frac{1}{4}$ C. chopped pecans
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Beat eggs until light. Add milk, cornmeal, sugar. Add flour, baking powder, and salt, which have been sifted together, and chopped or grated pecans. Bake.

Mrs. G. W. Phillips.

PECAN QUICK BREADS

1 C. sugar	1 1/2 t. baking powder	Philadelphia
1/4 C. butter	1/2 t. salt	Dutch Bread
1 egg	1/4 C. chopped pecans	
1 C. milk	1/4 C. raisins	
2 C. flour	1/4 C. currants	

Cream together sugar and butter, and add well beaten egg. Mix and sift dry ingredients and add alternately with the milk to the first mixture. Add pecans, raisins, currants, and bake.

Mrs. Chas. F. Laughlin.

1/2 C. cornmeal	1/2 t. soda	New England
1/2 C. white flour	1/2 C. molasses	Steamed
1/2 t. salt	1 1/4 C. buttermilk	Brown Bread
1 C. graham flour	1/2 C. raisins	
	3/4 C. pecans	

Mix and sift the cornmeal, white flour, and salt. Add graham flour, soda dissolved in molasses and buttermilk, raisins, and chopped pecans. Steam 2 hours.

Brooke S. Ramey.

2 C. flour	1/4 C. seeded raisins	Raisin and
2 1/2 t. baking powder	3/4 C. milk	Cinnamon
1 T. melted butter	1 egg	Bread
1/2 t. salt	1/4 C. sugar	
1/4 C. chopped pecans	1/4 t. cinnamon	

Mix and sift flour and baking powder. Add melted butter, salt, pecans, and floured raisins. Mix thoroughly, and add milk, well beaten egg, sugar, and cinnamon. Let stand 20 minutes and bake.

Sibyl Pearl Smith.

800 PROVED PECAN RECIPES

Orange Graham Bread	3 C. graham flour 6 t. baking powder 1 t. salt $\frac{1}{3}$ C. brown sugar	$1\frac{1}{2}$ C. milk 1 egg 2 T. orange juice 1 t. grated orange rind 1 C. pecans
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Mix dry ingredients. Add milk, slightly beaten egg, orange juice, rind, and chopped pecans. Let stand 20 minutes, place pecan halves on top, and bake.

Mrs. Letitia M. Lee.

Raisin Bread I	3 C. flour $\frac{3}{4}$ C. brown sugar 3 t. baking powder 1 t. salt	$\frac{1}{2}$ C. broken pecans 1 egg 1 C. milk $\frac{1}{2}$ C. raisins
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Mix and sift dry ingredients. Add pecans, well beaten egg, milk, and chopped raisins. Bake.

Carolyn H. Gault.

Raisin Bread II	3 C. flour 3 t. baking powder 1 t. salt	2 T. sugar $1\frac{1}{2}$ C. milk $\frac{1}{2}$ C. chopped pecans $\frac{2}{3}$ C. chopped pecans
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Mix and sift dry ingredients. Add milk, pecans, and raisins. Mix thoroughly and let stand 10 minutes. Bake. Brush with melted butter when done.

Mrs. Jewel Yarbro.

Sultana Raisin Bread	2 C. flour $\frac{1}{4}$ C. sugar $\frac{1}{2}$ t. salt 2 t. baking powder	$\frac{1}{2}$ C. chopped pecans $\frac{1}{2}$ C. Sultana raisins $\frac{1}{2}$ egg 1 C. milk
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Mix and sift dry ingredients. Add nuts and raisins, well beaten egg, and milk. Let rise 20 minutes and bake.

Mrs. Wm. E. Franke.

PECAN QUICK BREADS

$\frac{1}{3}$ C. sugar	4 t. baking powder	Prune Bread
3 T. shortening	1 t. salt	
1 C. milk	1 $\frac{1}{4}$ C. graham flour	
1 $\frac{1}{4}$ C. white flour	$\frac{1}{4}$ C. cooked prunes	
	$\frac{1}{2}$ C. chopped pecans	

Cream sugar and melted shortening. Mix and sift white flour, baking powder and salt, add graham flour, and add alternately with the milk to the first mixture. Add cooked, chopped prunes, and pecans.

Louise D. Fischer.

2 C. pastry flour	$\frac{1}{4}$ t. soda	Rye Bread
1 C. rye meal	$\frac{1}{2}$ C. molasses	
1 t. salt	1 C. milk	
3 t. baking powder	1 egg	
	1 C. chopped pecans	

Mix and sift the first four ingredients. Add soda dissolved in molasses, milk, well beaten egg, and pecans. Let stand 15 minutes and bake.

Anita Knabe.

1 C. cornmeal	1 t. soda	Steamed
1 C. white flour	1 C. buttermilk	Cornmeal
$\frac{1}{2}$ t. salt	$\frac{3}{4}$ C. molasses	Bread
	$\frac{2}{3}$ C. chopped pecans	

Mix and sift cornmeal, flour, and salt. Add soda dissolved in buttermilk and molasses, and pecans. Steam 3 hours.

Mrs. J. R. Towns.

2 C. graham flour	1 C. buttermilk	Steamed
1 t. baking powder	$\frac{1}{2}$ C. molasses	Raisin Bread
$\frac{1}{2}$ t. salt	1 egg	
1 t. soda	1 C. raisins	
	$\frac{2}{3}$ C. chopped pecans	

Mix flour, baking powder, and salt. Add soda dissolved in buttermilk and molasses, well beaten egg, raisins, and chopped pecans. Steam 2 hours.

Mrs. Jas. Epes.

800 PROVED PECAN RECIPES

Steamed Graham Bread	$\frac{1}{3}$ C. Crisco and butter 1 C. sugar 1 egg 1 C. milk	1 C. white flour 2 t. baking powder $\frac{1}{2}$ t. salt 1 C. graham flour $1\frac{1}{2}$ C. grated pecans
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Melt shortening and cream with sugar, add well beaten egg. Mix and sift white flour, baking powder, and salt, add graham flour, and add alternately with the milk to the first mixture. Add pecans and steam 2 hours.

Mrs. Geo. Stockfleth.

White Bread I	2 C. flour 4 t. baking powder $\frac{1}{2}$ C. chopped pecans	1 t. salt $1\frac{1}{4}$ C. sweet milk
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Mix and sift dry ingredients. Add milk gradually, then pecans, and bake.

Mrs. G. A. Bryhn.

White Bread II	2 C. flour $\frac{1}{2}$ C. sugar 4 t. baking powder 1 t. salt	4 T. shortening 1 egg 1 C. milk $\frac{1}{3}$ C. grated pecans
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Mix and sift dry ingredients. Cut in shortening, add well beaten egg, milk, and pecans. Let stand in a warm place $\frac{1}{2}$ hour and bake.

Mrs. J. F. Laidlan.

White Bread III	3 C. flour 4 t. baking powder 1 t. salt 1 T. sugar	2 eggs $1\frac{1}{2}$ C. milk 2 t. butter $\frac{1}{2}$ C. grated pecans
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Mix and sift dry ingredients. Add well beaten eggs, milk, melted butter, and pecans. Bake.

Mrs. C. P. Keown.

PECAN QUICK BREADS

2 C. flour	$\frac{1}{4}$ C. sugar	White
3 t. baking powder	1 egg	Bread IV
$\frac{1}{2}$ t. salt	$1\frac{1}{4}$ C. milk	
	$\frac{1}{2}$ C. pecans	

Mix and sift dry ingredients. Beat egg, add to milk, and stir into flour mixture. Add nuts and let stand 20 min. Bake.

Mary Z. Storie.

2 C. flour	1 T. sugar	Bread V
3 t. baking powder	$\frac{1}{2}$ T. butter	
$\frac{1}{2}$ t. salt	$1\frac{1}{4}$ C. milk	
	$\frac{1}{4}$ C. chopped pecans	

Mix and sift dry ingredients. Cut in butter, add milk, and mix to a smooth dough. Add pecans and let rise in a warm place 15 minutes. Brush top with melted butter and bake.

John Laun.

2 C. flour	1 T. shortening	Cheese
4 t. baking powder	1 C. grated cheese	Biscuits
1 t. salt	1 C. grated pecans	
	$\frac{2}{3}$ C. milk	

Mix and sift dry ingredients. Cut in the shortening and cheese. Add pecans and milk. Roll $\frac{1}{2}$ inch thick and cut out. Bake.

Melva Bates.

1 C. flour	1 C. graham flour	Graham
4 t. baking powder	2 T. butter	Biscuits
$\frac{1}{2}$ t. salt	$\frac{3}{4}$ C. milk	
2 T. brown sugar	$\frac{1}{2}$ C. chopped pecans	

Mix and sift first four ingredients and add graham flour. Cut in butter, add milk, and chopped pecans. Roll, cut out, and bake.

Mary Kerr.

800 PROVED PECAN RECIPES

Biscuits

2 C. flour	2 T. shortening
4 t. baking powder	$\frac{3}{4}$ C. milk or half milk and
1 T. sugar	half water
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. chopped pecans

Mix and sift dry ingredients. Cut in shortening, and add liquid and grated or chopped pecans. Roll out $\frac{1}{2}$ inch thick, cut out, and bake. Half pecans may be placed on each before baking.

Mrs. Robert E. Woodward.

Orange Short Cake

2 C. flour	4 T. sugar
1 t. salt	4 T. shortening
4 t. baking powder	$\frac{1}{2}$ to $\frac{3}{4}$ C. milk

Filling

6 oranges	$\frac{1}{2}$ C. sugar
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Sauce

Juice of 2 oranges	$\frac{1}{2}$ C. chopped pecans
	$\frac{3}{4}$ C. sugar

Mix and sift dry ingredients. Cut in shortening, and add milk. Pat into shape, and bake. Cut oranges in cubes, sprinkle with sugar and spread between baked crusts. Serve with a sauce made from the oranges, sugar, and pecans.

Mrs. Jennie Quick.

Marmalade Tea Cakes

2 C. flour	4 T. butter
4 t. baking powder	$\frac{2}{3}$ C. milk
$\frac{1}{2}$ t. salt	$\frac{1}{4}$ C. grated pecans
1 T. sugar	Orange marmalade

Powdered sugar

Mix and sift dry ingredients. Cut in butter, add milk and pecans. Roll $\frac{1}{2}$ inch thick and cut out. Hollow out a depression in top of each biscuit and fill with marmalade. Brush with milk and bake. Sift powdered sugar over them after removing from the oven.

Mrs. V. Wrana.

PECAN QUICK BREADS

$\frac{1}{2}$ C. table syrup	3 t. baking powder	White
2 T. melted shortening	$\frac{1}{2}$ t. salt	Syrup Bread
2 eggs	$\frac{1}{2}$ C. milk	
2 C. flour	$\frac{1}{2}$ C. chopped pecans	

Add melted shortening and well beaten eggs to syrup. Mix and sift dry ingredients and add alternately with the milk. Add pecans and bake.

Mrs. Frances Gill.

1 C. whole wheat flour	$\frac{1}{2}$ t. soda	Whole Wheat
$\frac{1}{2}$ C. white flour	$\frac{1}{2}$ t. baking powder	and Raisin
$\frac{1}{4}$ C. syrup	$\frac{1}{2}$ t. salt	Bread
$\frac{3}{4}$ C. sour milk	$\frac{1}{4}$ C. raisins	

$\frac{1}{2}$ C. chopped pecans

Mix and sift dry ingredients excepting graham flour. Add graham flour, sour milk, syrup, raisins, and nuts. Bake in slow oven.

Mrs. Carl Dahlstrom.

2 C. flour	1 t. salt	Orange Honey
4 t. baking powder	3 T. shortening	Biscuits
	1 C. milk	

Orange Honey

Juice of 3 oranges	1 T. butter
Grated rind of 1 orange	1 egg yolk
1 C. sugar	$\frac{1}{4}$ C. grated pecans

Mix and sift dry ingredients. Cut in shortening and add milk. Roll out to $\frac{1}{2}$ inch thickness, spread with orange filling, made by mixing together the orange juice, rind, sugar, butter, beaten egg yolk, and pecans, and cooking in double boiler until thick as honey. Roll up like a jelly roll, cut off in $\frac{1}{2}$ inch slices, sprinkle with sugar, and bake.

*Mrs. Percy McGhee, Sr.
V. M. French.*

800 PROVED PECAN RECIPES

White Date Bread

$\frac{1}{2}$ C. sugar	3 C. flour
2 T. Crisco	5 t. baking powder
1 egg	$\frac{1}{2}$ t. salt
1 C. milk	1 C. chopped pecans
	$\frac{1}{2}$ C. dates

Cream sugar and Crisco, and add egg. Mix and sift flour, baking powder and salt, and add alternately with the milk. Add floured nuts and dates. Let rise 20 minutes and bake.

Mrs. H. Hallam.

Tea Biscuits

2 C. flour	2 T. shortening
3 t. baking powder	1 egg
$\frac{3}{4}$ t. salt	$\frac{1}{2}$ C. milk
3 T. sugar	$\frac{1}{2}$ C. chopped pecans

Mix and sift the dry ingredients. Cut in shortening, add egg, milk, and chopped or grated pecans. Roll, cut out, brush with milk, and bake.

Ring Rolls

2 C. flour	1 T. sugar
5 t. baking powder	2 T. shortening
1 t. salt	1 egg yolk
	$\frac{2}{3}$ C. milk

Nut Cream Filling

2 T. butter	$\frac{1}{2}$ t. salt
4 T. sugar	$\frac{1}{2}$ egg white
	3 T. chopped pecans

Mix and sift dry ingredients. Cut in shortening, add egg yolk beaten with milk. Knead 5 minutes. Roll out $\frac{1}{4}$ inch thick, spread over with nut cream filling made by creaming together butter and sugar, adding pecans, well beaten egg white and salt, and beating well. Cut in long, narrow strips, double over, join the ends, and twist, making rings. Bake.

Bert W. Culbertson.

PECAN QUICK BREADS

3 C. flour	4 T. shortening	Raisin Biscuits
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ to $\frac{3}{4}$ C. milk	
5 t. baking powder	1 egg	
1 t. salt	$\frac{1}{2}$ C. currants	
	$\frac{1}{2}$ C. chopped pecans	

Mix and sift dry ingredients. Cut in shortening, add egg, milk, currants, and half of pecans. Roll to $\frac{1}{2}$ inch thickness and cut in strips. Make in rings. Sprinkle with powdered sugar and the remainder of the pecans. Let stand for 20 minutes and bake.

Genevieve May.

3 C. flour	3 T. shortening	Raisin
5 T. sugar	1 egg	Tea Ring
4 t. baking powder	$\frac{1}{2}$ C. milk	
1 $\frac{1}{4}$ t. salt	1 C. raisins	
	$\frac{1}{2}$ C. chopped pecans	

Mix and sift dry ingredients. Cut in shortening, add egg, milk, and floured raisins. Roll out to $\frac{1}{2}$ inch thickness, divide into two long strips, and twist together to form a ring. Sprinkle with sugar and pecans. Let stand 20 minutes and bake.

2 C. flour	$\frac{2}{3}$ C. milk	Cinnamon
4 t. baking powder	$\frac{1}{3}$ C. raisins	Twists
$\frac{1}{2}$ t. salt	2 T. chopped citron	
1 T. sugar	$\frac{1}{2}$ C. chopped pecans	
2 T. butter	1 t. cinnamon	

Mix and sift dry ingredients. Cut in butter, and add milk. Roll $\frac{1}{4}$ inch thick. Brush with melted butter, sprinkle with finely chopped raisins, nuts, citron, sugar, and cinnamon. Roll like a jelly roll. Cut in slices one inch thick, stand on end, and bake.

Mrs. A. J. Legare.

800 PROVED PECAN RECIPES

Shortcake

2 C. flour	1 C. milk
4 t. baking powder	3 C. crushed fruit
1 t. salt	½ C. grated pecans
5 T. shortening	Sugar
	½ C. broken pecans

Mix and sift dry ingredients. Cut in shortening and add milk gradually. Add grated pecans. Divide dough in half and pat out in 2 circular pieces of equal size. Place 1 piece in pan, dot with butter and place the other on top. Bake. Split the cake, butter, and place on it a liberal layer of crushed sweetened fruit and broken pecans. Put other half on top and cover with fruit. Serve with whipped cream.

Mrs. J. H. Daniel.

Tea Cakes

2 C. flour	4 T. butter
2 T. sugar	1 egg
¾ t. salt	⅔ C. milk
4 t. baking powder	½ C. chopped pecans

Mix and sift dry ingredients. Cut in butter. Add well beaten egg mixed with milk, and pecans. Drop from tablespoon on baking sheet and bake.

Anita Knabe.

Coffee Bread

2 C. flour	2 T. sugar
4 t. baking powder	2 T. shortening
½ t. salt	½ C. milk

Top Mixture

2 T. flour	1 T. cinnamon
4 T. sugar	4 T. shortening
	½ C. chopped pecans

Mix and sift dry ingredients. Add melted shortening and enough milk to make a very stiff batter. Spread $\frac{1}{2}$ inch thick in greased pan. Then combine dry ingredients for top mixture, rub in shortening, and spread over coffee cake. Sprinkle chopped pecans on top and bake $\frac{1}{2}$ hour in moderate oven.

Mrs. Raymond Huber.

PECAN QUICK BREADS

2 C. flour	1 T. butter	Scones
$\frac{3}{4}$ t. salt	4 T. grated pecans	
4 t. baking powder	$\frac{2}{3}$ C. milk	

Mix and sift dry ingredients. Cut in butter, add pecans and milk. Drop into gem pans and bake.

Mrs. W. B. Devlin.

2 C. flour	$\frac{1}{3}$ C. butter	Coffee Twists
3 t. baking powder	1 egg	
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. milk	
	3 T. sugar	

Top Mixture

$\frac{1}{2}$ C. powdered sugar	$\frac{1}{2}$ t. vanilla	
1 T. hot water	$\frac{1}{3}$ C. grated pecans	

Mix and sift the dry ingredients. Cut in the shortening, then add well beaten egg and milk. Roll thin, spread with melted butter and half amount of pecans. Fold each end toward the center, making 3 folds. Roll again lightly and cut into strips 1 inch wide and 6 inches long. Double over lengthwise and form into twists, similar to twisted doughnuts. Brush over with milk and bake. When still warm, spread with a mixture made of powdered sugar, remainder of pecans, hot water, and vanilla.

Nell Doneen.

$\frac{1}{2}$ C. cornmeal	$\frac{1}{3}$ C. sugar	Cornmeal
1 $\frac{1}{2}$ C. boiling water	1 $\frac{1}{4}$ C. milk	Griddle Cakes
2 C. flour	1 egg	
5 t. baking powder	2 T. melted butter	
1 $\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. grated pecans	

Add the cornmeal to boiling water and boil 5 minutes. Cool slightly, add remaining dry ingredients, mixed and sifted, alternately with the milk. Add beaten egg, melted butter, and pecans. Cook on hot griddle.

800 PROVED PECAN RECIPES

**Iced
Coffee Cake**

$\frac{3}{4}$ C. sugar	2 t. baking powder
2 T. shortening	$\frac{1}{2}$ t. salt
2 eggs	$\frac{1}{2}$ C. water
1 $\frac{1}{2}$ C. pastry flour	Flavoring

Top Mixture

2 t. cornstarch	$\frac{1}{2}$ C. sugar
1 T. cold water	1 T. cinnamon
$\frac{1}{3}$ C. boiling water	1 C. chopped pecans

Cream sugar and shortening and add well beaten eggs. Mix and sift dry ingredients and add alternately with the water. Add flavoring, pour out 1 inch thick into buttered pans. When baked, cover with the top mixture made by dissolving the cornstarch in cold water, then adding the boiling water, sugar, cinnamon and chopped pecans. Return to oven and brown.

Elizabeth Abney.

**Chocolate
Luncheon
Cakes**

2 sq. chocolate	3 T. butter
1 C. sour milk	$\frac{1}{2}$ t. vanilla
2 eggs	1 $\frac{1}{4}$ C. flour
1 C. sugar	1 t. soda
	1 C. grated pecans

Mix the chocolate, $\frac{1}{2}$ C. Milk, and egg yolks in the top of a double boiler. Cook until thick and smooth. Take from fire, add sugar, butter, and vanilla. Add flour alternately with the remaining $\frac{1}{2}$ C. milk in which the soda has been dissolved. Add pecans and stiffly beaten egg whites. Bake.

Mrs. Wm. M. Jones.

**Rice
Griddle Cakes**

2 $\frac{1}{2}$ C. flour	1 $\frac{1}{2}$ C. milk
3 t. baking powder	1 egg
$\frac{1}{2}$ t. salt	2 T. melted butter
$\frac{1}{2}$ C. cooked rice	$\frac{1}{2}$ C. grated pecans

Mix and sift dry ingredients. Cut in rice, add well beaten egg, milk, melted butter, and pecans. Cook on hot griddle.

PECAN QUICK BREADS

2 C. bread flour $\frac{1}{2}$ t. baking powder
1 t. salt 2 C. sour milk
1 t. soda 2 t. melted butter
 $\frac{1}{2}$ to $\frac{3}{4}$ C. broken pecans

Griddle Cakes

Mix and sift dry ingredients. Add milk and melted butter. Pour on a hot griddle. Scatter pecans over each cake at once. Brown and turn as usual.

Irene Strater.

4 T. butter $\frac{1}{2}$ t. salt Date Muffins
4 T. sugar 3 t. baking powder
1 egg $\frac{1}{2}$ C. chopped pecans
2 C. flour $\frac{1}{2}$ C. chopped dates
 1 C. milk

Cream butter and sugar. Add well beaten egg. Mix and sift flour, baking powder, and salt, and add dates and pecans. Add dry ingredients alternately with the milk to the first mixture. Bake.

Winifred Black.

$\frac{3}{4}$ C. cornmeal $\frac{1}{2}$ t. salt Corn Cakes
1 $\frac{1}{4}$ C. flour 1 C. milk
4 t. baking powder 2 T. shortening
2 T. sugar 1 egg
 $\frac{1}{2}$ C. chopped pecans

Mix and sift the first five ingredients. Add milk, melted shortening, well beaten egg, and pecans. Bake.

Mrs. Emma Jordon.

2 C. flour 1 egg Sour Milk
2 t. baking powder 4 T. chopped pecans Griddle Cakes
 $\frac{1}{2}$ t. salt 2 C. milk

Mix and sift the dry ingredients. Add the egg and grated or chopped pecans. Beat vigorously, and add the milk. Bake on hot greased griddle.

Mrs. Thos. Westwood.

800 PROVED PECAN RECIPES

**Currant
Muffins**

3 T. butter	$\frac{1}{2}$ t. salt
2 T. sugar	3 t. baking powder
1 egg	$\frac{1}{4}$ C. currants
2 C. flour	$\frac{1}{4}$ C. chopped pecans
	1 C. milk

Mix the melted butter, sugar, well beaten egg, add flour sifted with baking powder and salt, alternately with milk. Add the currants, pecans, and bake.

Mrs. C. A. Cooper.

**Surprise
Gems**

2 C. flour	1 C. milk
3 t. baking powder	2 eggs
1 T. sugar	2 T. shortening
$\frac{1}{2}$ t. salt	Jelly or fruit
	Pecans

Mix and sift dry ingredients. Add milk, well beaten eggs, and melted shortening. Put tablespoon of batter into each muffin tin. Drop into center of each 1 t. of jelly or fruit. Place pecan on top of jelly, add another tablespoon of batter and bake.

Anita Knabe.

**Graham
Gems**

$\frac{1}{2}$ C. flour	1 t. soda
2 t. baking powder	$\frac{3}{4}$ C. sour milk
$\frac{3}{4}$ t. salt	1 egg
$\frac{1}{4}$ C. brown sugar	2 T. shortening
1 C. graham flour	$\frac{1}{3}$ C. raisins
	$\frac{1}{2}$ C. chopped pecans

Mix and sift first four ingredients. Add graham flour, soda dissolved in sour milk, well beaten egg, melted shortening, raisins, and chopped pecans. Bake.

Bertha G. MacFadden.

PECAN QUICK BREADS

$\frac{1}{2}$ C. flour
3 t. baking powder
 $\frac{3}{4}$ t. salt
 $\frac{1}{4}$ C. brown sugar
1 C. graham flour

$\frac{1}{2}$ C. chopped pecans
6 dates
1 egg
 $\frac{3}{4}$ C. milk
2 T. butter

Graham
Date Gems

Mix and sift the first four ingredients. Add graham flour, pecans, stoned and chopped dates, well beaten egg, milk, and melted shortening. Beat thoroughly. Bake.

Miss D. Dargnault.

$\frac{1}{2}$ C. whole wheat flour
1 C. flour
3 t. baking powder
 $\frac{1}{2}$ t. salt

3 T. sugar
1 egg
1 C. milk
1 T. melted butter
 $\frac{1}{4}$ C. grated pecans

Whole Wheat
Griddle Cakes

Mix and sift dry ingredients. Add well beaten egg and milk. Beat thoroughly, add melted butter and pecans. Cook on a hot griddle.

1 C. flour
4 t. baking powder
 $\frac{1}{2}$ t. salt
 $1\frac{1}{2}$ C. bran

1 C. chopped pecans
1 egg
1 C. milk
1 T. butter

Bran Muffins

Mix and sift flour, baking powder, and salt. Add bran, pecans, well beaten egg, milk and melted butter. Beat thoroughly. Bake.

Miss Ella H. Teschendorf.

$1\frac{1}{2}$ C. flour
1 t. baking powder
1 t. salt

1 egg
1 C. milk
 $\frac{1}{2}$ C. grated pecans

Breakfast
Muffins

Mix and sift the dry ingredients. Add well beaten egg, milk, and pecans. Beat for five minutes and bake.

Mrs. Carl McAllister.

800 PROVED PECAN RECIPES

**Graham
Puffets**

$\frac{3}{4}$ C. flour	1 C. graham flour
5 t. baking powder	1 egg
$\frac{1}{2}$ C. sugar	1 C. milk
1 t. salt	4 T. butter
1 t. cinnamon	$\frac{1}{2}$ C. chopped pecans

Mix and sift the first five ingredients. Add graham flour, well beaten egg, milk, melted butter, and pecans. Beat well and bake.

Mrs. Arlington Gorman.

Raisin Muffins

$\frac{1}{2}$ C. flour	$\frac{1}{2}$ C. graham flour
2 t. baking powder	$\frac{1}{2}$ C. milk
2 t. sugar	1 T. butter
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. raisins
	$\frac{1}{2}$ C. chopped pecans

Mix and sift first four ingredients. Add graham flour, milk, melted butter, raisins, and pecans. Beat well and bake.

Mrs. W. L. Clough.

Tea Muffins

2 C. flour	2 eggs
4 t. baking powder	1 C. milk
1 t. salt	4 T. melted butter
4 T. sugar	1 C. chopped pecans

Mix and sift the dry ingredients. Add the well beaten eggs, milk, melted butter, and chopped pecans. Beat well and bake.

Mrs. Edith C. Armbruster.

**Whole Wheat
Muffins**

1 $\frac{1}{2}$ C. whole wheat flour	$\frac{1}{2}$ C. sour milk
$\frac{1}{2}$ t. salt	$\frac{1}{4}$ C. molasses
$\frac{1}{2}$ t. soda	1 egg
	$\frac{1}{2}$ C. pecans

Mix flour and salt. Add soda dissolved in sour milk and molasses, egg and pecans. Bake.

Miss Willie M. Bomar.

PECAN QUICK BREADS

1 C. flour	1 t. soda	
1 t. baking powder	2 C. buttermilk	
1 t. salt	2 eggs	
1 T. sugar	1 T. shortening	
2 C. graham flour	½ C. chopped pecans	

Graham
Muffins

Mix and sift the first four ingredients. Add graham flour, soda dissolved in buttermilk, well beaten eggs, melted shortening, and chopped pecans. Beat well and bake.

Mrs. Leola Bullivant.

½ C. brown sugar	½ t. allspice	
½ C. butter	½ t. ginger	
1 egg	½ t. cinnamon	
2 C. whole wheat flour	½ t. nutmeg	
2 t. baking powder	3 T. chopped figs and	
½ t. salt	raisins	
½ t. cloves	½ C. chopped pecans	
	¾ C. milk	

Whole Wheat
Fruit Gems

Cream together butter and sugar. Add beaten egg. Mix dry ingredients, and add alternately with milk to first mixture. Add fruit and pecans. Bake in very hot oven for five minutes, then lower heat.

2 C. flour	2 eggs	
4 t. baking powder	4 T. butter	
2 T. sugar	1 ⅓ C. milk	
½ t. salt	1 C. grated pecans	

Waffles I

Mix and sift dry ingredients. Separate eggs, and add the well beaten yolks, melted butter, and milk, to the dry ingredients. Beat well, and add the stiffly beaten egg whites and grated pecans. Bake on an ungreased electric waffle iron.

Mrs. Chas. P. Adams.

800 PROVED PECAN RECIPES

Waffles II

2 eggs	3 t. baking powder
2 t. sugar	1/2 t. salt
2 C. milk	3/4 C. grated pecans
2 C. flour	1/2 C. butter

Beat eggs and sugar together. Mix and sift dry ingredients and add alternately with the milk to the egg mixture. Add pecans and melted butter. Bake on an ungreased electric waffle iron. If a greased iron is used, decrease the amount of butter in recipe to 1 T.

Mrs. R. G. Hoke.

**Pinwheel
Rolls**

2 C. flour	2 T. shortening
4 t. baking powder	2/3 C. milk
3 t. sugar	Chopped pecans
1/2 t. salt	Butter
	Pecan halves

Mix and sift dry ingredients. Cut in shortening and add milk. Roll out $\frac{1}{3}$ inch thick and spread well with melted butter and broken pecans. Roll up like jelly roll and place on a baking pan prepared in the following manner, and bake 15 minutes in a quick oven. Butter a pan heavily and sprinkle over it a generous amount of brown sugar and pecan halves. Place rolls on end closely together on pan. Remove from pan as soon as baked and turn bottom side up to cool.

Mrs. H. Brook.

**Cornmeal
Waffles**

1 1/2 C. flour	3 t. baking powder
1/4 C. cornmeal	2 eggs
2 T. sugar	3/4 C. milk
1 t. salt	1 T. butter
	3/4 C. grated pecans

Mix and sift dry ingredients. Add well beaten eggs, milk, and melted butter. Beat well and add pecans. Bake on an ungreased electric waffle iron.

Mrs. Clarence W. Hoefer.

PECAN QUICK BREADS

4 C. flour	1 t. salt	Butterscotch Rolls
8 t. baking powder	2 T. shortening	
	1½ C. milk	
	Spread	
2 T. butter	2 C. brown sugar	
	2 C. finely chopped pecans	

Mix and sift the dry ingredients. Cut in shortening, and add milk. Roll to $\frac{1}{4}$ inch thickness. Spread melted butter over the dough, and cover with brown sugar and pecans. Roll same as jelly roll, cut in $1\frac{1}{2}$ inch slices, and place on end in a well-greased pan sprinkled with remainder of nuts and sugar. Bake.

Mrs. F. L. Furry.

2½ C. flour	5 T. shortening	Raisin Rolls
1 T. sugar	1 egg	
4 t. baking powder	⅔ C. milk	
1 t. salt	Raisins	
	Pecans	

Mix and sift the dry ingredients. Cut in shortening. Add beaten egg and milk. Roll out thinly. Spread with butter, sprinkle with chopped pecans, chopped raisins, and sugar. Cut in 4 inch squares. Roll each up as for jelly roll, pressing edges together. Stand on end in pan and bake.

Helen Woodworth.

1 egg	½ t. salt	Rice Waffles
½ C. hot cooked rice	1 t. baking powder	
1 T. sugar	1½ C. milk	
2 C. flour	1 T. butter	
	¼ C. grated pecans	

Beat egg, add rice, mixed and sifted dry ingredients, milk, melted butter, and pecans. Bake on ungreased electric waffle iron.

Mrs. A. S. Boyd.

800 PROVED PECAN RECIPES

Bread Crumb Waffles	2 eggs $\frac{1}{2}$ C. milk	1 C. soft bread crumbs $\frac{1}{2}$ C. grated pecans 4 T. butter
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Beat egg yolks well. Add milk and bread crumbs alternately, pecans, and melted butter. Add well beaten egg whites. Bake on an ungreased, electric waffle iron.

V. K. Quackenbush.

Pecan Parkin	2 C. flour 3 C. oatmeal 1 C. Crisco $\frac{3}{4}$ C. molasses 1 C. brown sugar 2 C. chopped pecans	2 t. ginger 2 t. baking powder 1 t. soda 1 egg $\frac{1}{2}$ t. salt $\frac{1}{2}$ C. Milk
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Cream sugar and Crisco, add well beaten egg. Combine with first mixture and add milk, in a small portion of which soda has been dissolved. Add pecans, reserving a few to decorate top. Bake in a moderate oven 20 minutes, in muffin or gem pans, if desired. Will make two dozen good sized muffins.

Mrs. Robert Parkinson.

CHAPTER VI

PECAN CAKES

LOAF

FRUIT

LAYER

COOKIES

DROP CAKES

MACAROONS

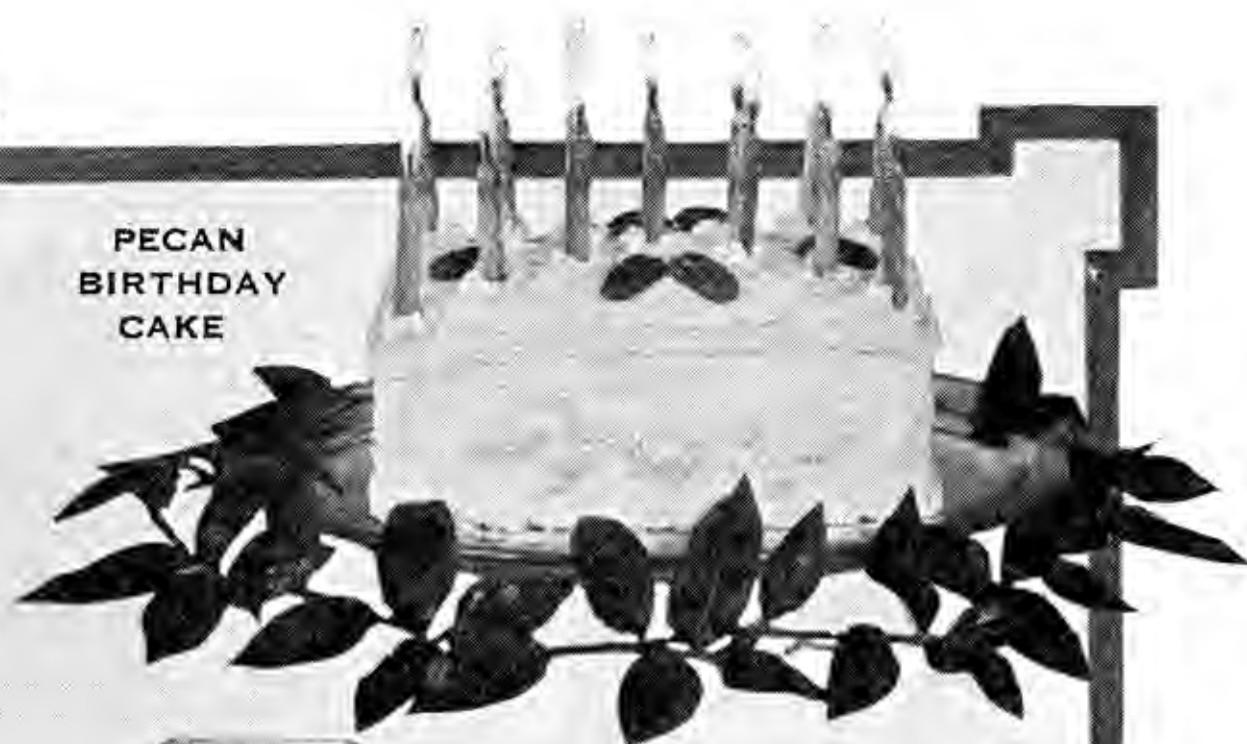
CAKE FROSTINGS

CAKE FILLINGS

*“Spare the butter
and you spoil the
cake”—*

*unless for butter
fats you substitute
pecans.*

PECAN
BIRTHDAY
CAKE



CHERRY AND
PECAN
ANGEL CAKE



CHOCOLATE
PECAN CAKE
MOCHA



UPSIDE DOWN
PECAN CAKE



PECAN CAKES





PECAN SMALL CAKES



CHAPTER VI

Pecan Cakes

There are few sections of America in which the whole pecan kernel has not been used as the crowning decoration on cakes and cookies, from the frosted birthday cake to the so-called "sand tart" of the Christmas season. The use of pecans in layer cake fillings and for similar purposes is practiced almost as widely.

Long Used
for Decorat-
ing Cakes

But many of the most delicious cakes which follow (based on pecans as an essential ingredient of the batter) may be new to you. The addition of the pecan to your cake ingredients will add not only a new, delightful flavor but will add nutritional value to the highest degree, because all that butter had in food elements is included in the pecan, plus food qualities which butter does not possess.

NOW
a Main
Ingredient

The mixing and baking of cakes require skill and accuracy, in combination with correct recipes. Specific directions are given with each recipe; directions in general are as follows:

Ingredients

Flour—Should be pastry variety. Sift before measuring, add baking powder, and re-sift to mix baking powder thoroughly with flour. If necessary to use bread flour, decrease quantity of original recipe 2 tablespoons per cup.

Sugar—Fine granulated insures best texture. Sifted for use in sponge cake.

Butter—Must be excellent quality. May be softened by putting in warmed, dry bowl. *Never allow to melt and become oily.*

Eggs—Should be strictly fresh. If separated, beat yolks until creamy and whites until stiff, but not too dry, using egg whip.

Fruits—Clean well, and dry. Seed and cut raisins in pieces. Candied fruits should be cut finely, peels shredded in narrow strips. Fruits may be added to butter and sugar or sprinkled in layers as batter is poured into pan. In fruit cakes, add to mixture before flour.

Pecans—Use grated for best results in very light-textured cakes, but finely broken or chopped may be used in all cakes.

Spices—Sift with flour.

Mixing

Sponge cakes are made light by the beating in of air. Follow specific directions, being careful not to stir at any time, but always use beating motion. Do not continue beating after flour is incorporated. Put at once into ungreased pan used only for sponge cakes.

Butter cakes are leavened by use of chemicals. Use earthen bowl and wooden spoon for mixing. Follow specific directions, beating thoroughly to insure fine-grained texture. Never stir after final beating. Pour into greased pan which has been lightly dusted with flour. Fill pan two-thirds full to have cake rise to top of pan.

Baking

Do not have oven too hot at start. Put pan in center of oven. Baking powder cakes require about 350° in layers. If soda is used, lower tem-

perature slightly. Sponge cakes should be baked at about 320° for one hour. Cakes made with yolks of eggs bake at lower temperature than those made with whites. Fruit cakes are better baked in slow oven over a long period of time. Small cakes or cookies require higher temperature for shorter time than loaf cakes.

Standard temperatures and terms are as follows:

Slow oven— 250° to 350°

Medium oven— 350° to 400°

Hot oven— 400° to 450°

Very hot oven— 450° to 550°

PECAN CAKES

1½ C. sugar	¾ t. cream of tartar	Almond
¾ C. water	½ t. salt	Sponge Cake
6 eggs	1 t. vanilla	
1 C. flour	1 t. almond	
	¾ C. chopped pecans	

Boil sugar and water until it spins a thread (238° F.). Beat gradually into the stiffly beaten egg whites. When cool, fold in sifted dry ingredients, well beaten egg yolks, flavoring, and pecans. Bake in a slow oven 1 hour.

Annabel Libby.

6 egg whites	1 t. cream of tartar	Angel Cake
½ C. fine gran. sugar	1 C. chopped pecans	
½ C. flour	Vanilla	

Beat egg whites until stiff. Mix and sift 5 times the sugar, flour, and cream of tartar. Fold in, and add pecans and flavoring. Bake in ungreased pan 50 to 60 minutes, increasing heat at last quarter. Invert pan and cool.

Mrs. A. C. Chrisman.

½ C. butter	1 C. flour	Cake Squares
1¼ C. sugar	1 t. baking powder	
1 t. vanilla	¼ t. salt	
4 eggs	¼ t. lemon extract	
3 T. milk	¼ t. almond extract	
	½ C. chopped pecans	

Cream butter and ½ C. sugar. Add vanilla, egg yolks, milk, mixed and sifted dry ingredients, and lemon extract. Beat well. Spread this batter thinly in pan. Beat the egg whites until stiff, gradually add remaining sugar and almond flavoring. Add chopped nuts and spread this mixture on top of batter. Sprinkle with sugar and bake ½ hour in moderate oven. Cool and cut in squares before removing from pan.

Mrs. F. E. Hansen.

800 PROVED PECAN RECIPES

Banana Cake	1 $\frac{1}{2}$ C. sugar 1/4 C. butter 1 C. mashed bananas 4 T. sour milk 1 t. soda	2 eggs 1 $\frac{3}{4}$ C. flour 1 t. baking powder 1/2 t. salt 1 C. chopped pecans
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Cream sugar and butter. Add mashed bananas, beat well; add soda dissolved in sour milk, well beaten eggs, mixed and sifted dry ingredients. Beat thoroughly. Add pecans. Bake.

Mrs. Elizabeth Hutchins.

Apple Sauce Raisin Cake	1/2 C. butter 1 C. sugar 1 egg 1 C. raisins 1 C. pecans	1 $\frac{3}{4}$ C. pastry flour 1 t. soda 1 t. cloves 1 t. cinnamon 1 C. apple sauce
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Cream the butter, beat in the sugar gradually. Add well beaten egg, and the floured and chopped raisins and pecans. Add the flour, sifted with the soda and spices, and the thick, hot, strained apple sauce. Bake in moderate oven 1 to 1 $\frac{1}{2}$ hours.

Theresa Lessmeister.

Apricot Skillet Cake	2 T. butter 1 C. brown sugar	Apricot halves Pecan kernels
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Put a large size skillet on top of stove over a very slow heat. Into the skillet put butter and brown sugar. When melted, lay the apricots, hollow side down, on the sugar and butter mixture. Put pecans in open spaces left between apricots. Then pour following sponge cake mixture over nuts and fruit:

3 eggs 1 C. sugar 1 $\frac{1}{2}$ C. flour	1 $\frac{1}{2}$ t. baking powder 1/2 t. salt 1/2 C. liquid (1/2 water and 1/2 fruit juice)
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Beat egg yolks until thick and lemon-colored.

PECAN CAKES

Gradually add sugar. Fold in mixed and sifted dry ingredients, and stiffly beaten egg whites. Bake $\frac{1}{2}$ hour in a moderate oven. Remove from pan and turn upside down.

Mrs. J. Robert Ansnow.

1 C. sugar	1 t. soda	Apple Sauce
$\frac{1}{2}$ C. shortening	1 t. cloves	Cake
1 C. apple sauce	1 t. cinnamon	
2 C. flour	1 t. salt	
	1 C. chopped pecans	

Cream sugar and shortening. Add apple sauce, mixed and sifted dry ingredients, and pecans. Beat well. Bake in moderate oven.

Mrs. John Cross.

2 C. sugar	3 C. flour	Banana
1 C. butter	2 C. milk	White Cake
6 t. baking powder	2 bananas	
$\frac{1}{2}$ t. salt	2 T. grated pecans	
	5 egg whites	

Cream together sugar and butter. Mix and sift dry ingredients, and add alternately with the milk to the first mixture. Add crushed bananas and pecans, and fold in well beaten egg whites. Bake.

Mrs. Ora A. Hill.

1 $\frac{1}{2}$ C. sugar	1 C. fruit juice	Birthday Cake
$\frac{1}{2}$ C. butter	$\frac{1}{2}$ C. chopped pecans	
2 $\frac{3}{4}$ C. flour	$\frac{3}{8}$ C. candied pineapple	
4 t. baking powder	$\frac{3}{8}$ C. candied cherries	
$\frac{1}{4}$ t. salt	1 $\frac{1}{2}$ t. almond extract	
	4 egg whites	

Cream butter and sugar. Mix and sift dry ingredients and add alternately with fruit juice to first mixture. Add pecans, floured fruit, flavoring, and fold in stiffly beaten egg whites. Bake about 1 hour. Ice with boiled icing.

Harriet M. Guerdan.

800 PROVED PECAN RECIPES

Caramel Cake	1½ C. sugar ½ C. boiling water 1 t. vanilla ½ C. butter	3 eggs 3 C. flour 4 t. baking powder 1 C. milk 1 C. chopped pecans
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Melt ½ C. sugar slowly and boil until it becomes dark brown. Add boiling water and simmer until it forms a syrup. When cold, add vanilla. Cream the butter and remainder of sugar and add beaten eggs. Mix and sift the flour and baking powder and add alternately with the milk. Add ½ of caramel mixture, reserving the other half for icing. Stir in the nuts and bake.

Anna V. Brown.

Brown Sugar Cake	½ C. butter 1 C. brown sugar ¼ t. salt 2 eggs	1⅓ C. flour 2 t. baking powder ½ C. milk 1 t. vanilla 1 C. chopped pecans
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Cream butter, sugar, and salt. Add well beaten egg yolks. Mix and sift dry ingredients 3 times and add alternately with milk to first mixture. Add vanilla and pecans. Fold in stiffly beaten egg whites, and bake.

Frosting

1 C. granulated sugar ½ C. water	2 egg whites ¼ t. vanilla
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Boil sugar and water until it spins a thread. Pour gradually over stiffly beaten egg whites and beat until mixture will stand alone. Add vanilla. Spread on cake and decorate with pecan kernels.

Mrs. J. Franklin Bottoff.

Cherry Angel Cake	1¾ C. egg whites ¼ t. salt 1½ t. cream of tartar 2 C. fine gran. sugar	1½ C. flour 1½ t. vanilla ¾ C. chopped pecans ¾ C. maraschino cherries
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Add salt to egg whites and beat until foamy with egg whip on flat platter. Add cream of tartar and continue beating until eggs are stiff.

PECAN CAKES

Fold sifted sugar in with a knife, 1 T. at a time, and flour (4 times sifted) in the same manner. Add flavoring, and floured nuts, and cherries. 1 or $1\frac{1}{2}$ T. water added to mixture gives better texture. Bake in ungreased tins 60 to 80 minutes, increasing heat at last quarter. Turn upside down and cool.

Charline Woods.

		Barona Cake
1 C. sugar	2 C. flour	
$\frac{1}{2}$ C. butter	2 t. baking powder	
3 eggs	1 t. nutmeg	
$\frac{1}{2}$ C. milk or cold coffee	1 t. cinnamon	
1 C. orange marmalade	$\frac{1}{4}$ t. allspice	
1 C. chopped pecans	$\frac{1}{4}$ t. mace	
1 C. raisins	1 t. vanilla or rind of 1 lemon	

Cream butter and sugar. Add well beaten eggs, milk, marmalade, pecans, raisins, mixed and sifted dry ingredients, and flavoring. Bake in a moderate oven 35 to 40 minutes.

Mrs. Francis C. Williams.

		Chocolate Date Cake
2 C. flour	2 t. ground chocolate or cocoa	
1 C. sugar	1 C. sour milk	
1 t. baking powder	$\frac{1}{2}$ t. soda	
$\frac{1}{2}$ t. salt	1 egg	
$\frac{1}{2}$ t. cinnamon	$\frac{1}{2}$ C. chopped dates or raisins	
$\frac{1}{2}$ t. nutmeg	$\frac{1}{2}$ C. chopped pecans	
$\frac{1}{2}$ t. mace	1 T. butter	

Mix and sift the first eight ingredients. Add soda dissolved in sour milk, beaten egg, fruit, pecans, and melted butter. Beat well. Bake in moderate oven one hour. After taking from oven brush over with melted butter.

Mrs. Geo. W. Gilbert.

800 PROVED PECAN RECIPES

Cereal Honey Cake	1 C. honey 1 C. uncooked Cream of Wheat	1 C. bread crumbs 1 t. baking powder 1 C. milk 1 C. grated pecans
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Add honey to Cream of Wheat. Add bread crumbs mixed with baking powder, milk, and pecans. $\frac{1}{2}$ C. water may be added. Bake in slow oven.

Mrs. Ant. Khayat.

Checker Board Cake	$\frac{1}{2}$ C. butter $1\frac{1}{4}$ C. sugar 2 eggs $2\frac{1}{2}$ C. flour 4 t. baking powder $\frac{1}{4}$ t. salt	1 t. nutmeg 1 t. cinnamon 1 C. milk 1 C. grated pecans 1 T. cocoa 1 T. boiling water
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Cream butter, add sugar gradually and beat until creamy. Add well beaten eggs and beat. Mix and sift dry ingredients and add alternately with milk to the first mixture. Add pecans. Fill 2 layer cake pans with $\frac{2}{3}$ of the batter. To the remaining $\frac{1}{3}$ add the cocoa mixed with boiling water. Use this for the middle layer. Bake in hot oven 15 to 20 minutes.

Filling and Frosting

2 T. butter 2 C. conf. sugar 1 T. cocoa	1 t. vanilla 3 T. strong coffee 1 C. grated pecans
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Cream butter, slowly add sugar and cocoa, beating until light and fluffy. Add vanilla, then coffee, a few drops at a time. Beat for several minutes, or until soft enough to spread. Add pecans and spread.

Mrs. Jean Grief.

Chocolate Cake	1 C. sugar $\frac{2}{3}$ C. butter 1 C. milk $2\frac{1}{2}$ C. flour	1 t. baking powder $\frac{1}{4}$ C. chocolate 3 eggs 1 C. chopped pecans
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PECAN CAKES

Cream sugar and butter. Add milk, flour sifted with baking powder, melted chocolate, eggs, yolks and whites beaten separately, and pecans. Bake in moderate oven.

Frosting

1½ T. butter	¼ C. milk
½ C. cocoa	½ t. salt
1¼ C. conf. sugar	1 t. vanilla

Melt butter, add cocoa, sugar, milk, and salt. Boil 8 minutes. Beat until creamy, add vanilla, and spread on cake.

Marie E. Maegley.

7 eggs	2 t. baking powder	Cherry Cake
1 C. butter	½ C. chopped citron	
2 C. sugar	1 C. candied cherries	
1 C. milk	1 C. chopped pecans	
3 C. flour	1 t. vanilla	

Beat eggs, add butter and sugar. Beat well and add mixed and sifted dry ingredients alternately with the milk. Add floured fruits, pecans, and vanilla. Bake in moderate oven 2 hours.

Nell Dooley.

1 C. sugar	1 t. soda	Chocolate
½ C. Crisco	1 C. sour cream	Layer Cake I
2 eggs	1½ C. flour	
3 sq. chocolate or	½ t. salt	
2 T. cocoa	Vanilla	
	1½ C. chopped pecans	

Cream sugar and Crisco. Add egg yolks. Beat. Add chocolate or cocoa. Mix and sift flour and salt and add alternately with the sour cream in which soda has been dissolved. Add stiffly beaten egg whites, vanilla, and pecans. Bake in layers.

Frosting

2 T. cocoa	2 C. powdered sugar
4 T. hot water	1 t. vanilla

Mix the ingredients together and spread on and between cake. Decorate with pecan halves before icing hardens.

Lilian B. Wilson.

800 PROVED PECAN RECIPES

Chocolate Layer Cake II	$\frac{1}{2}$ C. sugar $\frac{2}{3}$ C. butter 4 eggs 1 C. milk	$\frac{1}{2}$ C. flour 2 t. baking powder 3 sq. chocolate 1 t. vanilla 1 C. chopped pecans
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Cream sugar and butter, add egg yolks, $\frac{1}{2}$ of the milk and flour mixed and sifted with baking powder and salt. Add melted chocolate, remainder of milk and flour, vanilla, and pecans. Fold in stiffly beaten egg whites and bake in layers.

Mrs. R. M. Kahler.

Cocoa Angel Cake	1 C. egg whites $\frac{1}{4}$ t. salt $\frac{3}{4}$ t. cream of tartar 1 $\frac{1}{4}$ C. fine gran. sugar	$\frac{1}{4}$ t. almond extract $\frac{3}{4}$ t. vanilla $\frac{3}{4}$ C. cake flour $\frac{1}{4}$ C. cocoa $\frac{1}{2}$ C. chopped pecans
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Add salt to egg whites and beat until foamy on large platter with egg whip. Add cream of tartar and continue beating until stiff, not dry. Fold in the sifted sugar, 1 T. at a time. Add flavoring. Sift flour 4 times, add pecans and cocoa, and fold in, in the same manner as the sugar. Bake in ungreased pan in slow oven 50 to 60 minutes increasing heat slightly at the last quarter. Invert pan and cool.

Frosting

1 T. thick cream	2 C. conf. sugar
	Juice 1 orange

Mix sugar and cream thoroughly. Add orange juice until proper consistency to spread.

Virginia Helland.

Chocolate Potato Spice Cake	$\frac{3}{4}$ C. shortening 2 C. sugar $\frac{1}{2}$ C. chocolate 1 C. mashed potatoes 2 eggs $\frac{3}{4}$ C. milk 2 $\frac{1}{2}$ C. flour	5 t. baking powder $\frac{1}{4}$ t. nutmeg $\frac{1}{4}$ t. allspice $\frac{1}{2}$ t. cinnamon $\frac{1}{2}$ t. cloves 1 C. chopped pecans 1 t. vanilla
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PECAN CAKES

Cream shortening, add sugar, melted chocolate, and mashed potatoes. Add beaten egg yolks, milk, sifted dry ingredients, nuts, vanilla. Beat well. Fold in stiffly beaten egg whites. Bake in moderate oven 1 hour.

Mrs. A. R. Johnson.

3 C. brown sugar	3 C. flour	Cocoa Cake
$\frac{3}{4}$ C. shortening	4 T. cocoa	
3 eggs	1 $\frac{1}{2}$ t. soda	
$\frac{3}{4}$ C. sour milk	$\frac{3}{4}$ C. boiling water	

Cream sugar and shortening and add well beaten eggs. Mix and sift flour and cocoa and add alternately with the milk to the first mixture. Dissolve soda in boiling water and add. Bake. Ice with chocolate icing, decorated with pecans.

Mrs. Daniel Erb.

$\frac{1}{2}$ C. butter	1 t. vanilla extract	Chocolate
2 squares unsweetened chocolate	$\frac{3}{4}$ C. flour	Squares
3 eggs	1 t. baking powder	
1 C. sugar	$\frac{1}{2}$ t. salt	
	1 C. chopped pecans	

Melt butter, and add chocolate, melted over hot water, slightly beaten eggs, sugar, vanilla, mixed and sifted dry ingredients, and pecans. Mix well and pour in a greased shallow pan. Bake 12 minutes in a moderate oven. Cut in squares while warm.

Icing

5 T. water	$\frac{1}{8}$ t. baking powder
1 C. sugar	1 egg white

Grated pecans

Boil water, sugar, and baking powder until mixture forms a soft ball in cold water. Pour on stiffly beaten egg white and beat until cool. Add vanilla and spread on cake squares. Sprinkle thickly with pecans.

Mrs. H. A. Sollenberger.

800 PROVED PECAN RECIPES

Chocolate Potato Cake

1 C. butter	½ C. cocoa
2 C. sugar	1 t. baking powder
1 C. creamed potatoes	1 t. cloves
4 eggs	1 t. cinnamon
½ C. milk	1 C. raisins
2 C. flour	1 C. chopped pecans

Cream butter and sugar, add potatoes and eggs, one at a time. Beat well. Add milk alternately with mixed and sifted dry ingredients. Add pecans and raisins and bake in moderate oven 45 minutes.

Mrs. Elmer Samson.

Chocolate Spice Cake

1 C. sugar	1 t. soda
1 T. butter	1 cake sweet chocolate
4 eggs	1 t. allspice
3 C. flour	1 t. cinnamon
1 C. molasses	1 t. cloves
1 C. buttermilk	2 T. citron
	1 C. chopped pecans

Cream sugar, butter, and egg yolks. Add flour, molasses, soda dissolved in buttermilk, grated chocolate, spices, citron, and pecans. Fold in stiffly beaten egg whites. Bake in layers.

Mrs. Max Jarodzki.

Colonial Chocolate Layer Cake

½ C. brown sugar	1 ½ eggs
¼ C. chocolate	½ C. sour cream
¾ C. milk	½ t. soda
½ C. brown sugar	1 ¼ C. bread flour
¼ C. butter	½ t. vanilla
	½ C. pecans

Mix ½ C. brown sugar, chocolate, and milk in the top of a double boiler. Cook until the chocolate dissolves and cool. Cream together ½ C. brown sugar and butter. Add well beaten eggs, soda dissolved in sour cream, vanilla, and pecans. Then add cooked custard, and flour. Bake in layers.

PECAN CAKES

Chocolate Frosting

$\frac{1}{3}$ C. cream	1 T. butter
1 $\frac{1}{2}$ sq. chocolate	$\frac{1}{2}$ C. chopped pecans
1 egg yolk	Powdered sugar

Mix the first four ingredients together and cook until thick. Remove from fire, add powdered sugar until proper consistency. Add pecans, and spread on cake.

Mrs. Walter Stover.

1 C. sugar	$\frac{1}{4}$ t. ground mace	Christmas
1 C. shortening	$\frac{1}{2}$ t. salt	
3 eggs	3 t. baking powder	
$\frac{1}{2}$ C. grape juice	$\frac{3}{4}$ C. pecans	
2 C. flour	1 T. orange peel	
$\frac{1}{4}$ t. allspice	1 T. lemon peel	
$\frac{1}{4}$ t. cloves	1 C. sliced citron	
1 t. cinnamon	2 C. seedless raisins	
$\frac{1}{4}$ t. grated nutmeg	2 C. currants	

Cream sugar and shortening. Add beaten egg yolks, grape juice, and 1 $\frac{1}{2}$ C. flour mixed and sifted with spices, salt, and baking powder. Grate the pecans, put orange and lemon peel through food chopper, slice citron fine and add. Dredge raisins and currants with remaining $\frac{1}{2}$ C. flour and add. Fold in stiffly beaten egg whites and bake 3 hours.

Mrs. Geo. A. Hatenfield.

1 C. sugar	$\frac{1}{4}$ C. fruit juice	Citron Cake
1 C. shortening	$\frac{1}{4}$ t. mace	
5 eggs	2 C. flour	
2 C. chopped pecans	1 t. baking powder	
$\frac{1}{4}$ lb. shredded citron peel	1 t. salt	

Cream shortening and sugar, beat in yolks of eggs one by one. Add pecans, citron, fruit juice and flour, mace, baking powder and salt sifted together. Fold in stiffly beaten egg whites. Makes large cake. Bake.

800 PROVED PECAN RECIPES

Date Squares 1½ C. dates ⅔ C. figs
 2 C. chopped pecans 3 T. bread crumbs
 6 egg whites

Put dates, pecans, figs, and bread crumbs through food chopper. Mix well and fold in the stiffly beaten egg whites. Bake in a loaf or in layers. Cut in squares. Serve with whipped cream.

Banbaus M. Sterp.

Dark Fruit Cake ¾ lb. butter 1 t. baking powder
 1 lb. brown sugar 3 nutmegs
 6 eggs 1 C. grape juice
 1 C. molasses 1 lb. raisins
 1 lb. flour 2 lb. citron
 2 lb. pecans

Cream the butter and sugar, add egg yolks, and molasses. Mix and sift the dry ingredients and add alternately with the grape juice to the first mixture. Add chopped pecans, floured fruit, and fold in stiffly beaten egg whites. Bake 2½ hours.

Mrs. Frank L. Ripy.

Devil's Food ½ C. butter 2 C. pecans
 1¾ C. brown sugar 2 C. flour
 2 sq. chocolate 3 t. baking powder
 ½ C. boiling water ½ C. milk
 2 eggs 1 t. vanilla

Cream butter and add sugar. Shave chocolate in boiling water and dissolve. Add to sugar and butter. Add beaten yolks. Mix and sift flour and baking powder, add pecans and add alternately with the milk to the first mixture. Fold in stiffly beaten whites and vanilla. Bake.

Inez M. Marquez.

PECAN CAKES

$\frac{3}{4}$ C. butter	1 C. raisins	Cocoa
2 C. sugar	1 C. mashed potatoes	Potato Cake
1 $\frac{1}{2}$ C. milk	2 C. flour	
3 eggs	3 t. baking powder	
1 C. pecans	$\frac{3}{4}$ C. cocoa	
	1 t. preferred flavoring	

Cream the butter and sugar, add the milk, well beaten egg yolks, nuts, raisins, potatoes, mixed and sifted dry ingredients. Beat well. Fold in stiffly beaten egg whites, and flavoring. Bake about one hour.

Mrs. L. B. Quong.

2 C. sugar	1 $\frac{1}{2}$ t. soda	Cocoa
$\frac{1}{2}$ C. cocoa	$\frac{1}{2}$ C. sour milk	Layer Cake
$\frac{1}{2}$ C. butter	2 eggs	
1 C. boiling water	$\frac{1}{2}$ C. chopped pecans	
2 C. flour	1 t. vanilla	
	1 t. cinnamon	

Mix sugar, cocoa, and butter. Add the boiling water. Dissolve soda in sour milk and add alternately with the flour to the first mixture. Add well beaten eggs, pecans, vanilla, and cinnamon. Bake in two layers.

Butter Frosting

2 T. butter	$\frac{1}{8}$ t. salt
$\frac{3}{4}$ C. conf. sugar	1 $\frac{1}{2}$ T. milk
	1 t. vanilla

Cream butter, add sugar, salt, milk, and vanilla. Beat and spread on and between cake.

Mrs. H. Buehrer.

5 eggs	$\frac{1}{2}$ t. salt	Date Cake
1 C. sugar	2 pkg. dates	
1 $\frac{1}{2}$ C. flour	2 C. chopped pecans	
2 t. baking powder	$\frac{1}{2}$ t. vanilla	

Beat egg yolks until light, add sugar, flour mixed and sifted with baking powder and salt, chopped dates, and pecans. Fold in stiffly beaten egg whites and flavor with vanilla. Makes large cake. Bake.

Mrs. W. C. McCoy.

800 PROVED PECAN RECIPES

Cocoanut Cake 1 C. butter
 2 C. sugar
 1 C. milk
 3½ C. flour

2 t. baking powder
½ C. cocoanut
2 C. chopped pecans
4 egg whites

Cream butter and sugar. Add milk, mixed and sifted dry ingredients, pecans, cocoanut, and stiffly beaten egg whites. Bake.

Mrs. Wm. Notzke.

Fig Cake

2 C. sugar
¾ C. butter
1 egg
2 C. coffee infusion
2½ C. flour
3 T. cocoa

2 t. baking powder
1 t. cinnamon
1 t. nutmeg
4 C. chopped figs
1 C. raisins
1 C. chopped pecans

Cream sugar and melted butter and add well beaten egg. Add coffee infusion alternately with mixed and sifted dry ingredients. Add fruit and nuts, and bake.

Mrs. Robert Swanson.

Fruit Angel Cake

1 C. egg whites (9 to 11 eggs)
¼ t. salt
1 t. cream of tartar

1½ C. fine gran. sugar
1 t. vanilla
1 C. flour
½ C. chopped pecans
Raisins or candied cherries

Add salt to egg whites and beat with a flat egg beater until foamy. Add cream of tartar and continue beating till the eggs are stiff, but not dry. Fold in the sifted sugar, 1 T. at a time. Add flavoring and fold in the sifted flour in the same manner as the sugar. Put half the batter in an angel food pan. Put pecans mixed with chopped raisins or candied cherries on top of the batter. Add rest of the batter. Spread evenly with a knife, run knife through to the bottom of pan and

PECAN CAKES

gently mix the fruit. Bake in ungreased pan in slow oven 50 to 60 minutes, increasing heat slightly at last quarter. Invert pan to cool.

Mrs. Arne Tossith.

		Fruit Cake
$\frac{3}{4}$ C. butter	$\frac{1}{2}$ t. nutmeg	
1 $\frac{1}{2}$ C. sugar	$\frac{1}{2}$ t. salt	
3 eggs	$\frac{1}{2}$ C. orange peel	
$\frac{1}{2}$ C. cream	1 C. chopped pecans	
2 $\frac{1}{2}$ C. flour	$\frac{1}{2}$ C. citron peel	
2 t. baking powder	$\frac{3}{4}$ lb. raisins	
	$\frac{3}{4}$ C. currants	

Cream butter and sugar, add the beaten egg yolks, cream, mixed and sifted dry ingredients, finely chopped orange and citron peels, pecans, and fruit dredged in flour. Fold in stiffly beaten egg whites and bake about 1 hour.

Mary L. Johnson.

3 eggs	3 C. grated pecans	Donna Clara's
$\frac{1}{2}$ C. sugar	Bread crumbs	Cake from Brazil

Beat egg whites until stiff, add yolks, and beat until very light. Beat sugar in slowly. When light, add slowly the pecans and $\frac{1}{4}$ C. bread crumbs that have been dried, ground, and sifted. Divide in layers. Butter tins well and dust with bread crumbs. Bake in a moderate oven 10 minutes. When cool, spread the following egg filling between the layers. Ice the top with a thick white sugar icing, using the whites of the eggs used in the filling with powdered sugar.

Filling

$\frac{1}{2}$ C. sugar	5 egg yolks
$\frac{1}{4}$ C. water	$\frac{1}{4}$ t. vanilla

Boil sugar and water to thread stage. Remove from fire and slowly add the well beaten egg yolks. Pour in a double boiler and cook until it thickens. Add vanilla.

Mrs. A. F. Murray.

800 PROVED PECAN RECIPES

Golden Fruit Cake	$\frac{1}{2}$ C. butter	$\frac{3}{4}$ C. milk
	$1\frac{1}{4}$ C. brown sugar	$\frac{1}{2}$ C. raisins
	2 eggs	$\frac{1}{4}$ C. citron peel
	$2\frac{1}{4}$ C. flour	$\frac{1}{2}$ C. chopped pecans
	3 $\frac{1}{2}$ t. baking powder	1 t. chopped lemon rind
	$\frac{1}{2}$ t. salt	1 t. vanilla
	Cream butter and sugar. Add well beaten egg yolks. Mix and sift 2 C. flour, baking powder, and salt, and add alternately with milk to first mixture. Add fruits, floured with the remaining flour, pecans, and vanilla. Fold in stiffly beaten egg whites and bake in a slow oven $1\frac{1}{4}$ hours.	

Mrs. W. B. Devlin.

Hawaiian Skillet Cake	1 C. brown sugar	$1\frac{1}{2}$ C. sugar
	$\frac{1}{2}$ C. butter	$1\frac{1}{2}$ C. flour
	Pecan halves	$1\frac{1}{2}$ t. baking powder
	Sliced pineapple	$\frac{1}{2}$ C. pineapple juice
	3 eggs	$\frac{1}{2}$ C. chopped pecans
	Put brown sugar and butter in skillet on back of stove and let come to a boil. Spread pecan halves right side down and slices of pineapple in butterscotch mixture. Pour cake batter over this, made in the following way: Beat egg yolks, add sugar, mixed and sifted dry ingredients, pineapple juice, and pecans. Fold in beaten egg whites. Bake $\frac{1}{2}$ hour in moderate oven. Turn out upside down and serve with whipped cream.	
	<i>Mrs. Carrie S. Miller.</i>	

Feather Cake	1 C. sugar	2 t. baking powder
	$\frac{1}{2}$ C. butter	$\frac{3}{4}$ C. milk
	2 eggs	$\frac{1}{2}$ C. grated pecans
	2 C. flour	1 t. vanilla
	Cream butter and sugar, and add beaten egg yolks. Mix and sift dry ingredients and add alternately with milk to the first mixture. Add pecans and vanilla. Fold in stiffly beaten egg whites and bake in layers.	

PECAN CAKES

Filling and Frosting

2 T. butter	1 t. vanilla
2 C. powdered sugar	$\frac{1}{2}$ C. grated pecans
	Cream

Combine ingredients, using cream sufficient to make the mixture thin enough to spread.

Mrs. L. E. Ace.

$\frac{1}{2}$ C. butter	23 graham crackers	Graham
1 C. sugar	2 t. baking powder	Cracker Cake
3 eggs	$\frac{1}{4}$ t. salt	
1 C. milk	1 C. chopped pecans	

Cream butter and sugar together. Add beaten egg yolks and milk. Add crackers rolled fine, mixed with baking powder, salt, chopped or grated nuts. Add beaten egg whites. Bake in layers.

Filling

2 T. butter	1 egg yolk
3 T. powdered sugar	Vanilla

Mix ingredients and spread on and between cake.

Mrs. Lucy Denton.

12 egg whites	2 t. baking powder	Gold
8 egg yolks	1 C. milk	Bride's Cake
2 C. sugar	Flavoring	
1 C. butter	1 C. chopped pecans	
3 C. flour	$\frac{1}{2}$ C. candied cherries	

Cream the egg yolks, sugar, and butter. Mix and sift dry ingredients and add alternately with the milk to the first mixture, and flavor. Add beaten egg whites. Pour half the batter in a cake pan, sprinkle with pecans and cherries, then add the rest of the batter. Run a knife through to the bottom of pan and gently mix in the pecans and cherries. Bake.

Mrs. G. J. DeLitterest.

800 PROVED PECAN RECIPES

Gingerbread

1 C. molasses	1 1/2 C. flour
1 egg	1/2 C. chopped pecans
5 T. butter	1 t. soda
1 t. ginger	2/3 C. hot water

Beat together molasses and egg. Add melted butter, ginger, flour, pecans, and soda dissolved in hot water. Bake.

Mrs. S. Benson.

Lemon Cake

1/2 C. butter	1 C. chopped pecans
1 1/2 C. sugar	1 C. milk
4 eggs	3 C. flour
Grated rind of 1 lemon	4 t. baking powder
	1/2 t. salt

Cream the butter. Gradually beat half the sugar into the butter and the other half into the egg yolks. Beat the two mixtures together. Add the lemon rind and nuts, and milk alternately with the mixed and sifted dry ingredients. Fold in stiffly beaten egg whites and bake.

Honey Frosting

1/2 C. honey	1 T. corn syrup
	1 egg white

Mix ingredients and cook 7 minutes in the top of a double boiler, beating constantly with a Dover egg beater.

Luella B. Walker.

Layer Cake

2 C. sugar	3 C. flour
1 C. butter	1 t. cinnamon
4 eggs	1/2 t. cloves
1 t. soda	1 C. chopped pecans
1 C. buttermilk	1 C. pear preserves

Cream sugar and butter. Add well beaten egg yolks. Dissolve soda in buttermilk and add alternately with mixed and sifted dry ingredients. Add pecans and preserves. (Plums or prunes may be used). Bake in layers.

Mrs. Harry Prather.

PECAN CAKES

1 egg	$\frac{1}{2}$ t. soda	Honey Cake
$\frac{1}{2}$ C. sugar	Flour	
1 C. honey	$\frac{1}{2}$ C. chopped pecans	

Beat the egg; mix well with the sugar and honey. Add the soda with enough flour to make a dough which can be kneaded with the hands. Mix in pecans. Pat into shape in small, round, greased pan, score with fork, decorate with halved pecans. Let stand 3 hours in warm place. Bake in slow oven.

Mrs. M. L. Lott.

6 eggs	1 C. flour	Jelly Roll
2 C. sugar	4 T. grated pecans	

Beat eggs and sugar in pan of warm water until lukewarm and smooth. Take from fire, add flour and grated nuts which have been roasted before grating. Pour on a pan $\frac{1}{4}$ inch thick; bake in a hot oven. Spread with jam, roll up and cover with jam and chopped pecans.

Mrs. Alice Mencl.

1 t. soda	1 egg	Pecan
1 C. hot water	1 t. vanilla	Lazy Daisy
1 C. dates	1 t. salt	Date Cakes
1 C. brown sugar	1 C. chopped pecans	
1 T. butter	$1\frac{1}{2}$ C. flour	
	1 t. baking powder	

Dissolve soda in hot water and pour over the dates. Cool. Cream the sugar and melted butter. Add the egg, vanilla, salt, pecans, and flour sifted with baking powder. Add the dates and water, and bake in layers. Cut into squares, spread custard between two squares, spread whipped cream on top, and decorate with pecans in the form of a daisy with cherry for center.

Mrs. Eleanor M. Bennett.

800 PROVED PECAN RECIPES

Lemon Sponge Cake	6 eggs 1 C. sugar 2 T. lemon juice 1/2 C. chopped pecans	1/2 lemon rind 1 C. flour 1/4 t. salt
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Beat yolks of eggs until thick and lemon colored. Gradually beat in the sugar, grated lemon rind, and juice. Fold in half of the stiffly beaten egg whites. Cut in sifted flour and salt, add nuts, and remaining egg whites. Bake in a slow oven for 1 hour.

Mrs. Robt. Ansly.

Loaf Cake	1 C. sugar 1/2 C. butter 2 eggs	1/2 C. milk 2 C. flour 2 t. baking powder 1/2 C. chopped pecans
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Cream butter, sugar, and egg yolks. Add milk, and mixed and sifted dry ingredients alternately. Add pecans, and well beaten egg whites. Bake.

Frosting

2 C. sugar Water	1/2 box marshmallows Pecans
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Add enough water to sugar to prevent it from scorching. Cook to a syrup, beat in marshmallows, whip until creamy, and spread on cake. Decorate with pecans.

Margie Graham.

Manheim White Cake	3/4 C. butter 1 1/2 C. sugar 3 C. flour 3 t. baking powder	1/2 t. salt 1 C. milk 1 C. chopped pecans 3 egg whites 1 t. vanilla
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Cream butter, and sugar. Mix and sift dry ingredients and add alternately with milk to the first mixture. Add pecans, vanilla, and fold in stiffly beaten egg whites. Bake as a loaf or in layers.

Mrs. H. B. Behrens.



PECAN CAKES

$\frac{1}{2}$ t. soda	1 t. maple flavoring	Maple
1 C. boiling water	1 egg	Date Cake
1 C. dates	$\frac{1}{4}$ t. salt	
3 T. butter	1 $\frac{1}{2}$ C. flour	
1 C. sugar	3 t. baking powder	
	1 C. chopped pecans	

Dissolve soda in boiling water and pour over chopped dates. Cool. Cream the butter, sugar, and maple flavoring, and mix with dates. Beat the egg, add the salt, and stir into mixture. Add flour and baking powder sifted together 3 times. Stir in pecans and bake.

Ruby Gerner.

$\frac{1}{3}$ C. butter	$\frac{1}{2}$ C. milk	Maple Cake
1 C. brown sugar	1 $\frac{1}{2}$ C. flour	
2 eggs	$\frac{1}{4}$ t. salt	
1 t. vanilla	2 t. baking powder	
	1 C. chopped pecans	

Cream the shortening, add sugar, egg yolks, flavoring, and milk. Add mixed and sifted dry ingredients, nuts, and stiffly beaten egg whites. Bake in moderate oven 35 to 45 minutes.

Maple Frosting

1 C. maple syrup	2 egg whites
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Cook syrup until it threads. Pour slowly into the beaten egg whites and whip until thick enough to spread. Decorate with pecans.

Mrs. Ella Ahlstrom.

$\frac{1}{2}$ C. butter	1 $\frac{3}{4}$ C. flour	Mocha Cake
1 C. sugar	2 $\frac{1}{2}$ t. baking powder	
1 C. cold coffee	1 C. chopped pecans	
	3 egg whites	

Cream butter and sugar. Add the coffee alternately with the mixed and sifted flour and baking powder. Add pecans, fold in stiffly beaten egg whites. Decorate top with pecans and bake.

Mrs. K. D. Gross.

800 PROVED PECAN RECIPES

**Mary Todd's
Raisin Cake**

$\frac{1}{2}$ C. butter	$\frac{1}{4}$ t. soda
1 C. sugar	$\frac{1}{2}$ t. baking powder
3 eggs	$\frac{1}{4}$ grated nutmeg
$\frac{1}{2}$ C. orange juice	$1\frac{1}{3}$ C. raisins
2 C. flour	1 $\frac{1}{2}$ C. chopped pecans

Cream butter, gradually add sugar and egg yolks. Mix and sift dry ingredients and add alternately with the orange juice to the first mixture. Beat well, add floured fruit, and pecans. Fold in stiffly beaten egg whites and bake in moderate oven 1 to 2 hours.

Irma J. Baus.

Meringue Cake

$\frac{1}{2}$ C. butter	$\frac{1}{2}$ C. milk
1 C. sugar	1 t. vanilla extract
4 eggs	1 t. lemon extract
2 C. flour	1 C. broken pecans
2 t. baking powder	$\frac{1}{2}$ C. sugar

Cream the butter and sugar and add egg yolks. Mix and sift dry ingredients and add alternately with milk to first mixture. Add flavoring. Beat egg whites until stiff. Add $\frac{1}{3}$ to batter and divide into 2 layers. Spread pecans evenly over the top of each layer and cover with remaining egg whites to which has been added $\frac{1}{2}$ C. sugar. Bake in a slow oven $\frac{1}{2}$ hour.

Mrs. G. H. Barnum.

**Mocha
Fruit Cake**

1 lb. sugar	1 lb. flour
$\frac{1}{2}$ lb. butter	1 t. baking powder
2 nutmegs	2 lb. raisins
6 eggs	$\frac{1}{4}$ lb. orange peel
1 C. molasses	$\frac{1}{2}$ lb. candied pineapple
1 C. coffee	$\frac{1}{2}$ lb. candied cherries
	1 $\frac{1}{2}$ lb. chopped pecans

Cream butter, sugar, and nutmeg. Add molasses, well beaten eggs, coffee, sifted flour and baking powder, floured fruit and nuts. Bake 4 hours in slow oven.

Mrs. Geo. Bancroft.

PECAN CAKES

$\frac{1}{3}$ C. chocolate	2 C. flour	Mocha
$\frac{2}{3}$ C. milk	1 t. soda	Chocolate
1 $\frac{1}{2}$ C. sugar	1 t. cream of tartar	Cake
$\frac{1}{2}$ C. butter	$\frac{1}{2}$ C. chopped pecans	
3 eggs	1 t. vanilla	

Melt the chocolate with the milk. Cook until thick. Let cool. Cream the sugar, butter and egg yolks and add to the first mixture. Add the flour sifted with the soda and cream of tartar, pecans, vanilla, and fold in beaten egg whites.

Mocha Frosting

2 C. powdered sugar	2 T. butter
4 T. grated chocolate	1 T. vanilla
2 T. cocoa	4 T. strong hot coffee

Mix together sugar, chocolate, cocoa, butter, and vanilla. When ready to ice, add 4 T. strong, hot coffee. Decorate with pecan halves.

Mrs. Helene H. Ward.

1 $\frac{1}{2}$ C. sugar	2 C. flour	Mocha
$\frac{1}{2}$ C. butter	2 T. cocoa	Raisin Cake
1 egg	$\frac{1}{2}$ C. hot coffee	
1 t. soda	1 t. vanilla	
$\frac{1}{2}$ C. sour milk	$\frac{1}{2}$ C. pecans	
	$\frac{1}{2}$ C. raisins	

Cream butter and sugar. Add well beaten egg, soda dissolved in sour milk, flour, cocoa dissolved in coffee, vanilla, pecans and raisins. Bake in slow oven.

Mrs. A. Griswold.

1 C. butter	1 $\frac{1}{2}$ t. baking powder	Orange Cake
2 C. sugar	$\frac{1}{2}$ grated nutmeg	
6 eggs	1 C. orange juice	
4 C. flour	1 lb. raisins	
	2 C. chopped pecans	

Cream butter and sugar, gradually add the well beaten egg yolks. Mix and sift dry ingredients and add alternately with orange juice. Add floured fruits and nuts, and fold in stiffly beaten egg whites. Bake in moderate oven 2 hours.

Nannie Kernodle.

800 PROVED PECAN RECIPES

**Oriental
Fruitade
Cake**

1 C. butter	1 t. nutmeg
2 C. sugar	½ t. cloves
5 eggs	2 t. baking powder
1 C. jam	1 C. milk
1 C. chopped pecans	2 t. vanilla
3¾ C. flour	1 C. seeded raisins
2 t. cinnamon	1 C. ground dates
	1 C. ground figs

Cream butter, gradually add sugar and beat until creamy. Add well beaten egg yolks, jam, and pecans. Sift the dry ingredients several times and add alternately with the milk to the first mixture, beating hard after each addition of flour and milk. Add vanilla, and fold in stiffly beaten egg whites. Beat hard, but do not stir. Add floured fruits, and fold over carefully until well mixed. Bake slowly in moderate oven.

Mrs. Wm. M. Jones.

**Pineapple
Squares**

3 eggs	1 C. bread crumbs
1 C. sugar	⅔ C. chopped pecans
	1 C. crushed pineapple

Beat egg yolks. Add sugar, bread crumbs, pecans, and pineapple. Fold in stiffly beaten egg whites and bake in moderate oven 20 or 25 minutes. Cut in squares.

Mrs. M. C. Powell.

**Raisin
Cracker Cake**

1 C. sugar	1½ t. nutmeg
5 eggs	½ t. baking powder
20 soda crackers	½ t. vanilla
½ t. salt	1⅓ C. raisins
1½ t. cinnamon	⅓ C. citron
	2 C. chopped pecans

Cream eggs and sugar. Pulverize, and sift crackers, mix with other dry ingredients, and add to first mixture. Add flavoring, fruits and pecans. Bake.

Mrs. John Walton.

PECAN CAKES

$\frac{2}{3}$ C. butter	2 t. ginger	Raisin
$\frac{2}{3}$ C. molasses	$\frac{1}{4}$ t. cinnamon	Gingerbread
$\frac{2}{3}$ C. sugar	1 t. soda	
2 eggs	$\frac{2}{3}$ C. sour milk	
3 C. flour	$\frac{1}{2}$ C. raisins	
1 t. salt	$\frac{1}{2}$ C. chopped pecans	

Cream butter, molasses, and sugar. Add well beaten eggs. Mix and sift dry ingredients. Dissolve soda in sour milk and add alternately with the dry ingredients to the first mixture. Add raisins and pecans and bake in slow oven 45 minutes. May be cut in squares while warm and served with whipped cream or hard sauce.

Mrs. Frederick W. Gerting.

$\frac{1}{2}$ C. butter	2 t. baking powder	Raisin Graham
1 C. sugar	$\frac{1}{2}$ t. salt	Cracker Cake
3 eggs	$\frac{1}{2}$ C. chopped raisins	
$\frac{3}{4}$ C. milk	$\frac{1}{2}$ C. chopped pecans	
26 crushed graham crackers	1 t. vanilla	

Cream butter and sugar, and add well beaten egg yolks. Mix and sift dry ingredients and add alternately with the milk. Add vanilla, nuts, raisins; beat well, and fold in stiffly beaten egg whites. Bake in moderate oven.

Mrs. F. O. Sharkey.

$1\frac{1}{4}$ C. butter	1 egg yolk	Sonnental
$\frac{1}{2}$ C. sugar	$1\frac{3}{4}$ C. flour	Cake
	1 t. lemon	

Cream butter and sugar, add egg yolk, flour, and lemon. Let stand $\frac{1}{2}$ hour. Roll out and cut into 3 layers the size of the cake tin. Bake.

Filling

1 C. grated pecans	Rind and juice of 1 lemon
1 C. coffee	Sugar

Mix ingredients and spread on cake, adding sugar until proper consistency is obtained. Let stand 4 days before using.

Mrs. Alice Mencl.

800 PROVED PECAN RECIPES

**Spanish
Praline Cake**

$\frac{1}{2}$ C. butter	1 t. cinnamon
1 C. brown sugar	$\frac{1}{2}$ t. mace
2 eggs	$\frac{1}{2}$ t. cloves
1 $\frac{3}{4}$ C. flour	$\frac{1}{2}$ C. milk
2 t. baking powder	Pecan halves

Cream butter. Gradually beat in the sugar and egg yolks. Mix and sift dry ingredients and add alternately with the milk to the first mixture. Fold in stiffly beaten egg whites. Turn into a shallow pan. Sprinkle with sugar, cinnamon, and pecans. Bake.

Mrs. R. M. Lyman.

Spice Cake

1 C. butter	2 t. baking powder
1 C. sugar	1 t. vanilla
4 eggs	1 C. chopped pecans
1 C. milk	1 C. brown sugar
2 $\frac{1}{2}$ C. flour	2 t. cinnamon

Cream butter and sugar. Add well beaten eggs, milk, flour and baking powder sifted together, and vanilla. Pour batter thinly in pans. Mix pecans, brown sugar, and cinnamon, and spread on top of batter. Bake.

Mrs. C. J. Dexter.

Raisin Cake

2 C. sugar	3 t. mace
$\frac{1}{2}$ C. butter	$\frac{2}{3}$ C. milk
3 C. flour	3 eggs
3 t. baking powder	Raisins
	Chopped pecans

Cream sugar and butter. Mix and sift dry ingredients and add alternately with milk to first mixture. Add well beaten eggs. Pour a layer of batter in pan. Sprinkle with chopped raisins and pecans. Repeat until the pan is $\frac{2}{3}$ full. Bake in a slow oven $\frac{1}{2}$ to $\frac{3}{4}$ hour.

PECAN CAKES

Frosting

1 C. sugar 5 T. milk
 Pecans

Boil sugar and milk 5 minutes. Remove from fire, flavor to taste, beat until white and creamy, and spread on cake. Decorate with pecans.

Adelma S. Knowlen.

1 t. soda	1 egg	Spice
1 C. water	1 $\frac{1}{2}$ C. flour	Date Cake
1 pkg. dates	$\frac{1}{2}$ t. cloves	
1 T. butter	$\frac{1}{2}$ t. cinnamon	
1 C. sugar	1 C. chopped pecans	

Dissolve soda in water and pour over chopped dates. Cream butter and sugar, add beaten egg, mixed and sifted dry ingredients, pecans and date mixture. Beat well and bake.

Minnie Guttmann.

1 C. butter	1 C. milk	Southern
2 C. sugar	6 egg whites	Silver Cake
3 $\frac{1}{2}$ C. flour	1 C. chopped pecans	
3 t. baking powder	1 t. vanilla	

Cream butter and sugar. Mix and sift dry ingredients four times and add alternately with the milk to the first mixture. Fold in stiffly beaten egg whites, pecans, and vanilla. Bake.

Mrs. George Booth.

$\frac{1}{2}$ C. butter	$\frac{1}{2}$ C. finely cut citron	Silver
1 C. sugar	$\frac{1}{2}$ C. Sultana raisins	Raisin Cake
1 $\frac{3}{4}$ C. flour	$\frac{1}{2}$ C. chopped pecans	
1 t. baking powder	$\frac{1}{2}$ t. almond extract	
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ t. vanilla extract	
$\frac{3}{4}$ C. grated cocoanut	5 egg whites	

Cream butter, add sugar gradually. Mix and sift dry ingredients four times, add slowly to first mixture, beating well. Add floured fruits, nuts, and flavoring. Fold in stiffly beaten egg whites and bake slowly.

Mrs. Edw. Hanke.

800 PROVED PECAN RECIPES

**Pineapple
Cake**

1 C. sugar	1 C. milk
2 T. butter	$\frac{1}{2}$ t. lemon
1 egg	$\frac{1}{2}$ t. vanilla
2 C. flour	$\frac{1}{4}$ C. grated pineapple
2 t. baking powder	$\frac{1}{4}$ C. shredded cocoanut
$\frac{1}{4}$ t. salt	$\frac{1}{2}$ C. chopped pecans

Cream sugar and butter, and add well beaten egg. Mix and sift dry ingredients 3 times and add alternately with the milk to the first mixture. Add flavoring, drained floured pineapple, pecans, and shredded cocoanut. Bake.

Frosting

1 C. conf. sugar	2 T. grated pineapple
2 T. butter	2 T. shredded cocoanut
$\frac{1}{4}$ t. vanilla	2 T. chopped pecans
$\frac{1}{4}$ t. lemon	Hot milk

Cream sugar and butter. Add flavoring, fruit, nuts and enough hot milk to make the right consistency to spread.

Mrs. Ray E. Laralette.

**Spice and
Fruit Cake**

1 C. sugar	$\frac{1}{4}$ t. nutmeg
$\frac{1}{4}$ C. butter	1 t. cinnamon
3 eggs	$\frac{1}{2}$ t. cloves
$\frac{3}{4}$ C. milk	1 t. allspice
2 $\frac{1}{2}$ C. flour	$\frac{3}{4}$ C. raisins
2 t. baking powder	$\frac{3}{4}$ C. currants
$\frac{1}{4}$ t. mace	$\frac{3}{4}$ C. pecans

Cream butter and sugar. Add well beaten eggs, milk, mixed and sifted dry ingredients, fruit and nuts. Bake in a slow oven.

Mrs. S. Moore.

**White
Loaf Cake**

$\frac{1}{2}$ C. butter	$\frac{3}{4}$ C. pecans
1 C. sugar	$\frac{1}{2}$ C. milk
2 eggs	1 $\frac{1}{2}$ C. flour
	1 $\frac{1}{2}$ t. baking powder

Cream butter, add sugar gradually, then the pecans, well beaten egg yolks, milk, and mixed and sifted dry ingredients. Add stiffly beaten egg

PECAN CAKES

whites and bake. When baked, cover with whipped cream and sprinkle with pecans.

Anna Belle Booth.

1 C. butter
1½ C. sugar
1 C. milk
3 C. flour

2 t. baking powder
½ C. pecans
4 egg whites
1 t. vanilla

Watermelon
Cake

Cream butter and sugar. Add milk alternately with flour mixed and sifted with dry ingredients, and stiffly beaten egg whites. Divide batter, coloring $\frac{1}{3}$ of it pink with red sugar or cake coloring. Flavor the rest with vanilla. Pour half of the white into a buttered pan. In the center pour half of the pink and place in this a thick row of pecan halves for seeds. Pour in the remainder of the pink and the white. Bake.

Edna May Ewert.

Melted butter
1 C. brown sugar

Pineapple
Cherries
Pecans

Upside Down
Cake

Put a layer of melted butter $\frac{1}{4}$ inch deep into a pan. Put a layer of brown sugar on top of the melted butter. Then make a layer of sliced pineapple, cherries, and pecans, making a design. Pour the following cake batter on this:

½ C. butter
1½ C. sugar
3 eggs

2 C. flour
2 t. baking powder
¾ C. milk

Cream butter and sugar. Add well beaten egg yolks. Mix and sift dry ingredients and add alternately with milk to the first mixture. Fold in stiffly beaten egg whites. Bake and turn out upside down.

Blanche Zach.

800 PROVED PECAN RECIPES

**Spice
Gingerbread**

1 C. brown sugar	1 t. cinnamon
1 C. molasses	1 T. ginger
1 C. shortening	$\frac{1}{2}$ t. nutmeg
3 $\frac{1}{2}$ C. bread flour	$\frac{1}{2}$ t. salt
2 t. soda	1 C. sour milk
	$\frac{1}{2}$ C. chopped pecans

Cream together sugar, molasses, and shortening. Mix and sift dry ingredients and add alternately with the sour milk. Beat well. Add pecans and bake 40 minutes in moderate oven.

Mina C. Ahrens.

**White
Fruit Cake**

1 C. butter	1 C. pecans
1 C. sugar	$\frac{1}{4}$ lb. citron peel
1 C. milk	1 lb. raisins
2 $\frac{1}{2}$ C. flour	1 orange, juice and rind
2 t. baking powder	7 egg whites

Cream butter and sugar. Mix and sift dry ingredients and add alternately with the milk. Add floured fruit, chopped nuts, and fold in stiffly beaten egg whites. Bake in a slow oven 2 hours.

Mrs. R. L. Ligat.

**Chocolate
Squares**

3 T. butter	$\frac{1}{3}$ C. milk
1 C. sugar	1 C. flour
1 egg	1 t. baking powder
2 oz. unsweetened chocolate	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ t. vanilla	$\frac{1}{2}$ C. chopped pecans

Melt shortening, add sugar and unbeaten egg, and mix well. Add melted chocolate, vanilla, milk, mixed and sifted dry ingredients, and pecans. Spread thinly on a greased shallow cake pan and bake in a slow oven 20 to 30 minutes. Cut into 2-inch squares before removing from pan.

Lyle Evans.

PECAN CAKES

1 C. sugar	1/2 t. cinnamon	Spiced
1 C. water	1/2 t. allspice	Raisin Cake
1/4 C. shortening	1/2 t. nutmeg	
1 1/3 C. raisins	1/2 t. ginger	
1 1/2 C. flour	Citron peel	
1/2 t. soda	Orange peel	
1/2 t. salt	Lemon peel	
1/2 t. cloves	3/4 C. chopped pecans	

Boil the first 4 ingredients together for five minutes. Cool, add mixed and sifted dry ingredients, peels, and pecans. Bake in a slow oven 1 hour.

Mrs. Jennie Eifert.

1 C. sugar	1 t. vanilla extract	Sponge Cake
1 C. water	1 C. pastry flour	
5 eggs	1/2 C. chopped pecans	
1 t. lemon extract	1/4 t. salt	

Boil sugar and water until it spins a thread. Add gradually to stiffly beaten egg whites and beat 15 minutes. Add the well beaten egg yolks, extract, and sifted flour. Pour half of batter in pan, sprinkle with pecans, add remainder of batter. Bake from 45 to 55 minutes.

Mamie Bosselman.

2 C. sugar	1 t. allspice	White
1 C. butter	1 t. cloves	Spice Cake
6 eggs	1 t. cinnamon	
1 t. vanilla	1 C. milk	
3 C. flour	1 C. citron	
2 t. baking powder	1 C. raisins	
	1 C. chopped pecans	

Cream sugar and butter. Add well beaten egg yolks and flour. Mix and sift dry ingredients and add alternately with the milk to the first mixture. Add floured fruit, and nuts, and fold in stiffly beaten egg whites. Bake.

V. Phillips.

800 PROVED PECAN RECIPES

White and Gold Layer Cake

$\frac{1}{2}$ C. butter
 $1\frac{1}{4}$ C. sugar
 $1\frac{1}{8}$ C. flour

5 egg whites

White Cake

2 t. baking powder
1 t. vanilla
 $\frac{3}{4}$ C. chopped pecans

Cream butter and sugar. Mix and sift dry ingredients and add alternately with the milk to the first mixture. Add vanilla and pecans. Fold in stiffly beaten egg whites and bake in two layers.

Gold Cake

5 egg yolks
 $1\frac{1}{2}$ C. sugar
 $\frac{1}{2}$ t. salt
 $1\frac{1}{2}$ C. flour

2 t. baking powder
 $\frac{1}{2}$ C. boiling water
 $\frac{1}{2}$ t. vanilla
 $\frac{1}{2}$ t. lemon extract

Beat egg yolks, add sugar and salt. Add flour and baking powder sifted together 3 times, water, and flavoring. Bake in 2 layers. Put white and gold layers together alternately with following filling:

3 C. sugar
1 C. boiling water
3 egg whites
1 C. chopped pecans

$\frac{1}{2}$ C. chopped raisins
 $\frac{1}{2}$ C. chopped figs
1 t. vanilla
1 t. lemon juice

Boil sugar and water until it threads. Pour gradually over stiffly beaten egg whites and beat until creamy. Add pecans, fruit and flavoring, and spread.

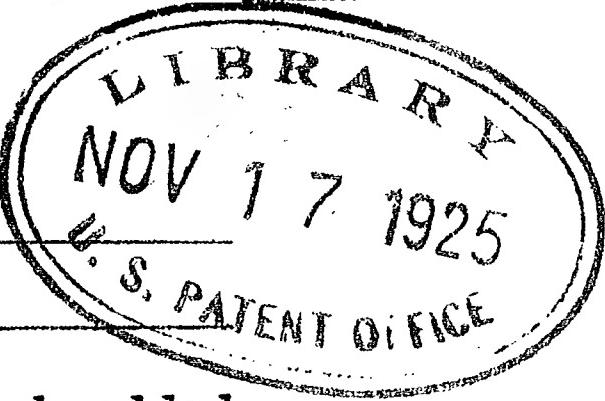
Mrs. Gynith C. Shaw.

Uncooked Fruit Cake

1 C. grape juice
1 C. blackberry juice
Cinnamon bark
Few whole cloves
 $\frac{1}{4}$ t. allspice
 $\frac{1}{8}$ t. nutmeg
2 C. oatmeal
 $1\frac{1}{2}$ C. shredded wheat
 $\frac{3}{4}$ lb. pecans

$\frac{1}{4}$ lb. citron
 $\frac{1}{2}$ lb. candied pineapple
 $\frac{1}{2}$ lb. candied cherries
 $\frac{1}{2}$ lb. figs
 $\frac{3}{4}$ lb. dates
 $\frac{1}{2}$ lb. currants
 $1\frac{1}{2}$ lb. seeded raisins
 $\frac{3}{4}$ C. honey
4 T. olive oil

Combine the fruit juices and add spices. Simmer until well flavored with spices. Strain



PECAN CAKES

through cheese cloth. Put oatmeal and shredded wheat through a food chopper before measuring. Reheat the fruit juice to boiling point and pour over cereals. Cover and set away overnight. Add honey and olive oil to mixture. Combine nuts and fruit and blend thoroughly with mixture. Line pan with waxed paper. Pack the mixture in this, decorate top with pecan halves and cherries, and cover with waxed paper. Put in covered bread box and set in a cool place for several weeks or longer. Several days before cutting, wrap in cloth wet with grape juice.

Alma Horton.

1 C. sugar	$\frac{3}{4}$ C. chopped pecans	Cherry Filling
$\frac{1}{3}$ C. water	6 chopped maraschino	
2 egg whites	cherries	

$\frac{1}{2}$ C. chopped pineapple

Boil sugar and water to 238° F. Pour over stiffly beaten egg whites and beat. Add nuts and fruit and beat until cool. Spread.

Marie Flint McCall.

1 T. butter	$\frac{1}{4}$ C. strong hot coffee	Mocha
1 $\frac{1}{2}$ C. sugar	$\frac{1}{2}$ t. vanilla	Frosting
	1 C. grated pecans	

Cream butter, add sugar, coffee, vanilla, and pecans.

Mrs. Caroline W. Trotter.

Boiled icing	$\frac{1}{4}$ lb. candied cherries	Fruit Filling
$\frac{1}{4}$ lb. orange peel	$\frac{1}{4}$ lb. citron	and Frosting
	1 C. pecans	

Divide icing into 2 parts, one of which is colored yellow. To one part add chopped fruit and pecans for filling. Cover the top of cake with plain icing and decorate with pecan halves.

Alma Horton.

800 PROVED PECAN RECIPES

Banana Frosting

2 bananas	$\frac{1}{4}$ t. salt
1 T. lemon juice	$\frac{1}{2}$ C. chopped pecans
	Powdered sugar

Peel and mash the bananas. Add lemon juice, salt, and pecans. Stir in sifted powdered sugar to make it of a consistency to spread.

Mrs. Nira Woods.

Raisin Filling

$\frac{1}{2}$ C. butter	1 t. cloves
1 C. sugar	1 t. allspice
7 egg yolks	$1\frac{1}{2}$ C. raisins
1 t. cinnamon	1 C. water
	1 C. pecans

Cream butter and sugar, add well beaten egg yolks, and remaining ingredients. Cook in double boiler until thick, stirring constantly.

Mrs. George Booth.

Tutti Frutti Filling

1 C. sugar	$\frac{1}{8}$ C. raisins
$\frac{1}{3}$ C. water	$\frac{1}{8}$ C. cherries
1 egg white	$\frac{1}{8}$ C. pineapple
$\frac{1}{8}$ C. figs	$\frac{1}{8}$ C. chopped pecans

Boil sugar and water until it spins a thread. Beat egg whites until dry, add syrup gradually, beating until stiff and cool. Add nuts and fruit and spread.

Mrs. J. P. Wheat.

Orange Filling

Juice and pulp of 1 orange	1 C. powdered sugar
	2 C. chopped pecans

Cook orange and sugar together 3 minutes, cool and beat until it thickens. Add nuts and spread.

Mrs. Nettie D. Mercer.

PECAN CAKES

3 T. flour	1 C. sugar	
Water	$\frac{1}{2}$ C. chopped pecans	
$\frac{1}{2}$ C. butter	2 bananas	

Banana
Filling

Mix enough water with the flour to make a soft dough. Cook in an iron or steel skillet, stirring constantly until the dough is all on the spoon in the shape of a ball. Cream the butter and sugar and work into the paste. Add pecans, and mashed bananas. Spread.

Mrs. Louis E. Raisler.

1 $\frac{1}{2}$ C. sugar	3 egg whites	
$\frac{3}{4}$ C. water	1 C. chopped pecans	
12 marshmallows	$\frac{1}{2}$ t. almond extract	

Marshmallow
Frosting

Boil sugar and water until it spins a long thread. Add cut marshmallows and let stand until marshmallows dissolve. Beat syrup into stiffly beaten egg whites. Add pecans and almond extract.

Ruth Bee Kuhn.

1 egg white	$\frac{1}{2}$ C. grated pineapple	
2 C. confectioner's sugar	$\frac{1}{2}$ C. chopped pecans	

Pineapple
Frosting

Add sugar gradually to unbeaten egg white. Add pineapple and chopped pecans and beat until mixture is of the right consistency to spread.

Mrs. Lillian Ross.

$\frac{1}{2}$ C. grated pecans	1 $\frac{1}{2}$ C. confectioner's sugar	
2 T. orange juice	1 T. grated orange rind	
1 egg yolk	1 T. lemon juice	

Uncooked
Orange
Frosting

Mix pecans with orange juice and let stand a few minutes. Beat the egg yolk until light and creamy. Add sugar, orange rind, lemon juice, and first mixture. Beat until frosting is stiff enough to spread.

Catherine Richards.

800 PROVED PECAN RECIPES

Fudge
Frosting

2 oz. chocolate	2 $\frac{1}{2}$ C. sugar
$\frac{1}{3}$ C. butter	2 t. flour
1 C. milk	$\frac{1}{2}$ t. vanilla
	$\frac{1}{2}$ C. chopped pecans

Melt chocolate over hot water. Gradually add butter and milk, stirring constantly. Bring to the boiling point and add the sugar. Boil until it reaches the soft ball stage. Cool slightly, add flour, and beat until of the right consistency to spread. Add pecans and vanilla.

Mrs. E. M. Drake.

Cherry Drops

1 C. butter	2 $\frac{1}{2}$ C. flour
$\frac{1}{2}$ C. sugar	1 t. baking powder
2 eggs	$\frac{1}{4}$ C. grated pecans
	Maraschino cherries

Cream butter and sugar. Add egg yolks, mixed and sifted dry ingredients, and half of pecans. Mold a teaspoonful of the mixture into a ball, then flatten. Dip tops in unbeaten egg white, then in chopped pecans. Put $\frac{1}{4}$ of a maraschino cherry on top of each cake, place on a greased pan, and bake.

Mrs. W. H. Covell.

Chocolate
Discs

$\frac{1}{2}$ C. sugar	$\frac{1}{8}$ t. cinnamon
$\frac{3}{8}$ C. butter	$\frac{1}{2}$ t. baking powder
1 egg	2 $\frac{1}{2}$ C. flour
2 T. milk	1 sq. chocolate
	$\frac{1}{2}$ C. chopped pecans

Cream sugar and butter, add egg and beat well. Add milk, mixed and sifted dry ingredients, finely shaved chocolate, and pecans. Work into a roll two inches thick. Cut-off slices $\frac{1}{4}$ inch thick, place in greased pans, and bake.

Mrs. N. Wilde.

PECAN CAKES

2 egg whites	2 C. grated pecans	Almond
1 C. powdered sugar	$\frac{1}{2}$ t. almond extract	Macaroons

Beat egg whites until stiff. Add sugar, nuts, and flavoring. Drop from a teaspoon 2 inches apart on a greased tin. Let stand a few minutes, then bake in a slow oven. Do not remove from pan until cool.

Mrs. Thos. W. Kennedy.

1 $\frac{1}{2}$ C. sugar	1 $\frac{1}{2}$ t. baking powder	White
$\frac{1}{2}$ C. butter	$\frac{1}{2}$ C. milk	Perfection
$\frac{1}{2}$ C. cornstarch	6 egg whites	Cake
1 $\frac{1}{2}$ C. flour	Pecans	

Cream sugar and butter. Mix and sift dry ingredients and add alternately with milk to first mixture. Fold in stiffly beaten egg whites. Pour a layer of batter into pan, then a layer of grated pecans, and repeat until batter is used. Bake.

Mrs. James Buekley.

1 C. sugar	2 T. flour	Balls
2 C. grated pecans	2 egg whites	

Mix together the sugar, pecans, and flour. Beat egg whites until stiff, add to mixture, and form into a firm paste. Form into balls, dust with confectioner's sugar, place on greased paper, and bake until light brown.

Mrs. G. S. Badie.

2 egg whites	2 C. brown sugar	Brown Sugar
	2 C. chopped salted pecans	Macaroons

Beat egg whites until stiff. Slowly add the brown sugar and salted pecans. Drop from a teaspoon 1 inch apart on a greased baking sheet. Bake until medium brown in a moderate oven.

Mrs. Elzie Ayers.

800 PROVED PECAN RECIPES

Chocolate Clusters

2 sq. chocolate 1 can condensed milk
 1 C. chopped pecans

Melt chocolate, add milk, and cook until thick. Add nuts, drop from a teaspoon on a buttered pan and bake until brown.

Mrs. Paulina Z. Brunt.

Chocolate Drop Cakes

½ C. butter 1 C. chopped pecans
1 C. sugar ¼ t. vanilla
1 egg ½ t. baking powder
2 sq. unsweetened chocolate ½ C. bread flour

Cream butter and sugar. Add well beaten egg, melted chocolate, pecans, vanilla, baking powder, and flour. Drop from a teaspoon on a buttered baking sheet, and bake 15 minutes.

Mrs. Arlington Gorman.

Chinese Hardtack

3 eggs 1 C. flour
1 C. sugar 1 t. baking powder
1 t. lemon juice 1 C. chopped pecans
 1 C. chopped dates

Beat the eggs, add sugar, lemon juice, mixed and sifted dry ingredients, pecans, and dates. Bake until brown in a shallow bread pan. Remove from the oven and cut in narrow strips.

Mrs. A. B. Olmore.

Fig Cakes

1 C. butter 1 t. soda
1 ½ C. sugar 1 t. cinnamon
3 eggs ½ t. allspice
3 C. flour 15 figs chopped
 1 C. chopped pecans

Cream butter and sugar. Add well beaten eggs, mixed and sifted dry ingredients, figs, and pecans. Drop from a teaspoon on buttered baking sheet. Bake.

Mrs. A. Fedder.

PECAN CAKES

1 C. sugar	2 t. baking powder	Citron Cakes
1 C. butter	1 C. pecans	
3 eggs	1/4 lb. citron peel	
2 C. flour	1 t. vanilla	

Cream sugar and butter. Add well beaten eggs, mixed and sifted dry ingredients, chopped pecans, citron, and vanilla. Drop from a teaspoon on a buttered baking sheet and bake.

Mrs. A. E. Reton.

2 C. sugar	1 C. chopped pecans	Citron
1/2 C. boiling water	1/4 C. citron	Meringues
2 egg whites	1 t. vanilla	

Dissolve sugar in water. Boil without stirring until syrup will drop from a spoon in a thread. Pour slowly on to stiffly beaten egg whites and continue beating until thick and creamy. Add nuts, chopped citron, and vanilla. Drop from a teaspoon on a buttered tin and brown lightly in a moderate oven.

3 eggs	1/2 T. cinnamon	Citron Peel
1 3/4 C. confectioner's sugar	1/4 lb. citron	Cakes
2 C. flour	1 C. chopped pecans	

Beat eggs, add sugar, flour sifted with cinnamon, finely cut citron, and pecans. Drop from a teaspoon on a buttered baking sheet and bake.

Mrs. E. J. Hodges.

1/2 C. marshmallows	1/2 t. candied orange peel	Fruit Top
1/2 C. chopped pecans	1/4 C. white grapes	Saltines
1/4 C. maraschino cherries	Saltines	

Whipped cream

Combine cut marshmallows, pecans, chopped maraschino cherries, shredded orange peel, and sliced white grapes. Pile by spoonfuls on saltines and top with a teaspoon of whipped cream.

Adelma S. Knowlen.

800 PROVED PECAN RECIPES

Filled Cookies

2 C. flour	1 C. milk
$\frac{1}{2}$ t. salt	24 sugared dates
4 t. baking powder	24 marshmallows
1 t. sugar	$\frac{1}{2}$ C. grated pecans
2 t. butter	1 egg yolk

Sift the first 4 ingredients together, cut in the butter, and add milk. Roll out thin, and cut out with a small round cutter. On each round place a sugared date, which has been stuffed with a marshmallow, and sprinkle with pecans. Turn half the dough over it. Pinch the edges and brush with egg yolk. Bake until brown.

Odessa Williamson.

Fruit Drops

$\frac{1}{2}$ C. butter	1 $\frac{1}{2}$ C. flour
$\frac{3}{4}$ C. sugar	$\frac{1}{2}$ t. cinnamon
1 $\frac{1}{2}$ eggs	$\frac{1}{4}$ t. orange extract
$\frac{1}{2}$ t. soda	$\frac{1}{4}$ C. currants
$\frac{1}{2}$ T. hot water	$\frac{1}{4}$ C. raisins
	$\frac{1}{2}$ C. chopped pecans

Cream butter and sugar. Add well beaten eggs, soda dissolved in hot water, mixed and sifted dry ingredients, fruit flavoring and pecans. Drop from a teaspoon on a buttered baking sheet, and bake.

Agnes M. Fink.

Date Rocks

$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ T. hot water
$\frac{1}{3}$ C. shortening	$\frac{1}{4}$ t. ground cloves
$\frac{1}{2}$ t. salt	$\frac{1}{4}$ t. cinnamon
1 egg	$\frac{3}{4}$ C. flour
$\frac{1}{2}$ t. soda	25 dates
	2 C. chopped pecans

Combine sugar, shortening, salt, and egg yolk. Add soda dissolved in hot water, spices, flour, chopped dates, pecans, and stiffly beaten egg white. Drop from spoon on a greased pan and bake.

Mrs. Nellie B. Campbell.

PECAN CAKES

1 C. sugar	1 t. powdered cinnamon	Clerk
3 eggs	$\frac{1}{4}$ t. ground cloves	Bread
2 sq. of chocolate	1 C. flour	
	$\frac{1}{2}$ C. chopped pecans	

Cream together sugar and egg yolks. Add melted chocolate, mixed and sifted dry ingredients, pecans, and stiffly beaten egg whites. Spread $\frac{1}{2}$ inch thick on a shallow tin and bake. While still warm, cut in oblong pieces $2\frac{1}{2}$ inches long and $\frac{1}{2}$ inch wide.

Mrs. Ant. Khayat.

2 eggs	$\frac{1}{2}$ C. flour	Cocoanut
1 C. sugar	$\frac{1}{4}$ t. salt	Brownies
$\frac{3}{4}$ C. cocoa	1 box shredded cocoanut	
$\frac{1}{2}$ C. butter	1 t. vanilla	
	1 C. chopped pecans	

Cream eggs and sugar. Melt the cocoa and butter and add to the eggs and sugar. Add the remaining ingredients. Bake in a shallow pan lined with oiled paper. When done, cut in bars.

Gail R. Bell.

$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ t. cinnamon	Fruit
$\frac{3}{8}$ C. butter	2 T. sour cream	Spice Drops
1 egg	1 C. rolled oats	
1 C. flour	$\frac{1}{2}$ C. raisins	
$\frac{1}{4}$ t. cloves	$1\frac{1}{2}$ T. candied orange peel	
$\frac{1}{8}$ t. soda	$1\frac{1}{2}$ T. candied citron peel	
$\frac{1}{4}$ t. salt	$1\frac{1}{2}$ T. candied lemon peel	
1 $\frac{1}{2}$ t. baking powder	$\frac{1}{2}$ C. pecans	

Cream sugar and butter and add beaten egg. Mix the dry ingredients, except the rolled oats, and sift. Add to first mixture alternately with cream. Add rolled oats and remaining ingredients and mix well. Drop from a teaspoon on a buttered baking dish and bake.

Mrs. O. K. Farrell.

800 PROVED PECAN RECIPES

Crullers

2 T. butter	1/2 t. vanilla
1/2 C. sugar	2 C. flour
1 egg	1 1/2 t. baking powder
1/2 C. milk	1/4 C. chopped pecans

Cream butter and sugar. Add slightly beaten egg, milk, vanilla, mixed and sifted dry ingredients, and pecans. Roll $\frac{1}{4}$ inch thick and cut in strips 3 inches long and 1 inch wide and cook in deep fat. Roll in powdered sugar before serving.

Mrs. C. J. Dexter.

Date Bars

1 C. pecans	1 t. salt
1/2 C. dates	1 t. baking powder
1/2 C. raisins	1 t. cinnamon
1 C. flour	2 eggs

Combine pecans, dates, and raisins. Add mixed and sifted dry ingredients, mix well, and add beaten eggs. Spread $\frac{1}{2}$ inch thick in greased pans and bake slowly until firm and brown. While hot cut in bars 4 inches long and 1 inch wide, and roll in confectioner's sugar.

Mrs. J. B. Butter.

Honey Cookies

1/4 C. Crisco	1 1/2 C. flour
3/8 C. sugar	2 t. baking powder
1/4 C. honey	1/2 t. salt
Grated rind of 1/2 lemon	1/4 C. chopped pecans
1/2 egg	Sugar

Cream Crisco and sugar, then beat in honey. Add lemon rind, well beaten egg, and mixed and sifted dry ingredients until of the consistency to knead. Knead the dough on a floured board, roll into a thin sheet, and cut into rounds. Place in a greased pan, brush over with slightly beaten egg white, sprinkle with chopped pecans, dredge with sugar. Bake till golden brown.

Ivese L. Madison.

PECAN CAKES

$\frac{1}{2}$ C. butter	$\frac{1}{8}$ t. baking powder	Fruit Jumbles
$1\frac{1}{2}$ C. brown sugar	$\frac{1}{2}$ t. nutmeg	
2 eggs	$\frac{1}{2}$ t. cinnamon	
2 T. milk	1 C. raisins	
3 C. pastry flour	15 dates chopped	
1 t. soda	Grated lemon peel	
	$\frac{1}{2}$ C. chopped pecans	

Cream butter and sugar. Add lightly beaten eggs, milk, mixed and sifted dry ingredients, fruit, and nuts. Drop from a teaspoon on a buttered baking sheet, and bake.

Mrs. Jas. L. Sullivan.

$\frac{1}{2}$ C. butter	$\frac{1}{4}$ T. hot water	Frozen
$\frac{1}{4}$ C. sugar	2 C. flour	Cookies
$\frac{1}{4}$ C. brown sugar	$\frac{1}{4}$ t. salt	
1 egg	$\frac{1}{2}$ t. cinnamon	
$\frac{1}{8}$ t. soda	$\frac{1}{4}$ t. nutmeg	
	$\frac{3}{4}$ C. chopped pecans	

Melt butter, add sugar, egg, soda dissolved in hot water, mixed and sifted dry ingredients, and pecans. Mold into a roll about 3 inches in diameter. Place in ice box two hours, then slice very thin and bake until brown.

Elizabeth M. Townsend.

2 sq. chocolate	1 t. vanilla	Iced
1 C. sugar	$\frac{1}{2}$ t. salt	Chocolate
$\frac{1}{4}$ C. butter	$\frac{1}{2}$ C. flour	Fingers
1 egg	$\frac{1}{2}$ C. raisins	
	$\frac{1}{2}$ C. chopped pecans	

Melt the chocolate over hot water and add sugar, melted butter, slightly beaten egg, vanilla, salt, flour, raisins and pecans. Spread about $\frac{1}{2}$ inch thick on a greased pan and bake in a slow oven. When done, spread with chocolate icing and cut in strips.

Mrs. I. M. Aiken.

800 PROVED PECAN RECIPES

**Fruit
Macaroons**

2 egg whites 1 C. chopped pecans
½ C. sugar ½ C. raisins
 ¼ C. chopped candied cherries

Beat egg whites until stiff. Add remaining ingredients, drop from a teaspoon on a greased pan and bake in a slow oven 1 hour.

Mrs. H. A. Raybourne.

Doughnuts

½ C. sugar ½ t. mace
2½ C. flour 2 eggs
2 t. baking powder 1 C. milk
2 t. cornstarch 2 T. butter
1 t. salt ¼ C. broken pecans

Mix and sift first 6 ingredients twice. Add well beaten eggs, milk, melted butter, and pecans. Roll on board, cut out, cook in deep fat, and drain on brown paper.

Edith C. Lane.

**Japanese
Chews**

¾ C. flour 1 C. sugar
1 t. baking powder 1 C. chopped pecans
¼ t. salt 1 C. chopped dates
 2 eggs

Mix dry ingredients and add well beaten eggs. Spread on buttered tin as thin as possible and bake ½ hour. While warm, cut in squares, roll in balls, and then roll in granulated sugar.

Mrs. Edith M. Dowell.

**Honey
Macaroons**

3 egg whites ½ t. cinnamon
½ C. sugar 1 grated lemon rind
6 T. honey 2½ C. chopped pecans

Beat egg whites until stiff. Gradually add sugar, honey, cinnamon, lemon rind, and chopped pecans. Toss on board dredged with ¼ C. of sugar and ¼ C. flour, roll out, cut with a star cutter and bake in a moderate oven.

Mary E. Rippman.

PECAN CAKES

$\frac{1}{3}$ C. butter	$\frac{1}{2}$ t. soda	Hermits
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ T. hot water	
1 egg	15 dates	
1 C. flour	$\frac{1}{8}$ lb. citron	
$\frac{1}{4}$ t. cinnamon	1 C. chopped pecans	

Cream butter and sugar. Add well beaten egg, flour, cinnamon, soda dissolved in hot water, floured and chopped fruit, and pecans. Drop from a teaspoon on a buttered baking sheet and bake.

Mrs. L. G. Riddell.

$\frac{1}{2}$ egg	$\frac{1}{2}$ t. soda	Honey Fans
$\frac{1}{2}$ C. sugar	2 C. flour	
1 C. honey	$\frac{1}{2}$ C. chopped pecans	

Beat the egg and mix well with the sugar and honey. Add soda, flour, and pecans. Mold in shape of fans, put in small greased pans, score with fork, and decorate with halved pecans. Let stand in warm place 3 hours. Bake in slow oven until brown.

Mrs. M. L. Lott.

$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ C. sour milk	Raisin
$\frac{3}{8}$ C. butter	1 C. flour	Drop Cakes
1 egg	$\frac{1}{2}$ t. cinnamon	
$\frac{1}{4}$ C. cocoanut	$\frac{1}{4}$ t. nutmeg	
1 C. uncooked oatmeal	$\frac{1}{2}$ t. baking powder	
$\frac{1}{4}$ t. soda	$\frac{1}{2}$ C. ground raisins	
	$\frac{1}{4}$ C. chopped pecans	

Cream the butter and sugar. Add well beaten egg, cocoanut, and oatmeal. Mix and sift the dry ingredients and add alternately to the first mixture with the soda dissolved in the sour milk. Add the raisins and nuts and drop from a teaspoon on a buttered baking sheet and bake.

Mrs. Howard Roberts.

800 PROVED PECAN RECIPES

Honey Gingernuts

1 C. strained honey	1 C. chopped pecans
1 C. sugar	2 t. baking powder
1 C. butter	1 T. ginger
1 egg	1½ C. flour

Combine honey, sugar, butter, and beaten egg. Add pecans and mixed and sifted dry ingredients. Drop from a teaspoon on a greased baking sheet and bake.

Mrs. Herbert Brown.

Lemon Macaroons

3 eggs	1 C. powdered sugar
1 C. grated pecans	Grated rind of 1 lemon
	½ C. flour

Separate eggs and beat whites until stiff and add pecans. Beat together egg yolks and powdered sugar, add lemon rind and flour, and mix well. Beat into this the pecan whip. Drop from a teaspoon on a greased paper and bake in a moderate oven.

E. Porter.

Macaroons

2 egg whites	1 t. salt
1 C. powdered sugar	2 C. chopped and grated
1 T. flour	pecans

Beat egg whites until stiff. Add remaining ingredients and drop from a teaspoon on a buttered baking sheet. Allow for spreading. Bake in a slow oven.

Lucile M. Agard.

Orange Puff Cakes

½ C. butter	1¾ C. flour
¾ C. sugar	3 t. baking powder
2 eggs	¼ t. salt
¼ C. orange juice	¼ C. milk
¹/₈ t. grated orange rind	¾ C. chopped pecans

Cream butter and sugar. Add well beaten egg yolks, orange juice, and rind. Mix and sift dry ingredients and add alternately with milk to the first mixture. Add chopped nuts, stiffly beaten egg whites, and pour into greased and floured cup cake pans. Bake in a moderate oven 20 min. Ice with orange frosting.

Margie Thompson.

PECAN CAKES

$\frac{1}{2}$ C. butter	1 C. uncooked oatmeal	Oatmeal
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ t. soda	Patties
1 egg	1 $\frac{1}{2}$ t. cinnamon	
1 C. flour	$\frac{1}{2}$ C. raisins	
	$\frac{1}{2}$ C. chopped pecans	

Cream butter and sugar. Add well beaten egg, and remainder of ingredients. Make in little patties and bake in a slow oven.

Mrs. E. T. Boynton.

2 C. grated pecans	2 C. powdered sugar	Spice Cookies
1 egg white	$\frac{1}{2}$ oz. cinnamon	
	Chopped pecans	

Combine grated pecans, egg white, sugar, and cinnamon and mix thoroughly. Roll out and cut with a cookie cutter. Bake slowly on a pan lined with wax paper. When baked, cover with frosting and sprinkle with chopped pecans.

Mrs. T. L. Dunlap.

$1\frac{1}{2}$ eggs	1 t. cinnamon	Pepper Nuts
1 C. brown sugar	$\frac{1}{8}$ t. salt	
1 C. flour	$\frac{1}{2}$ t. cloves	
$\frac{1}{4}$ t. baking powder	$1\frac{1}{3}$ C. raisins	
$\frac{1}{4}$ t. soda	2 T. citron peel chopped	
	$\frac{1}{2}$ C. pecans	

Beat egg whites and yolks separately. Combine, and add sugar, mixed and sifted dry ingredients, raisins, citron, and pecans. Drop from a teaspoon on a buttered baking sheet and bake.

Mrs. H. Velander.

1 C. sugar	1 C. grated pecans	Toast Cookies
1 C. grated toast	1 egg	

Combine sugar, pecans, and toast. Add beaten egg, and mix thoroughly. Shape into cookies, place on waxed paper on a baking sheet and bake until brown.

Mrs. George Raterink.

800 PROVED PECAN RECIPES

Marguerites

1 C. sugar	3 T. shredded cocoanut
$\frac{1}{2}$ C. water	$\frac{1}{2}$ C. chopped pecans
6 marshmallows	$\frac{1}{4}$ t. vanilla
2 egg whites	Saltines

Boil sugar and water together until it spins a thread. Add the marshmallows cut in small pieces. Pour onto the beaten egg whites and continue beating. Add cocoanut, nuts, and flavoring, and spread the mixture on saltines. Bake in a moderate oven until brown.

Josephine Stambaugh.

Pineapple Marguerites

4 T. orange juice	1 C. chopped pecans
1 C. sugar	$\frac{1}{2}$ C. cocoanut
14 marshmallows	$\frac{1}{2}$ C. candied pineapple
2 egg whites	Saltines

Cook the orange juice and sugar to the soft ball stage. Add finely cut marshmallows. When melted, add the well beaten egg whites, pecans, cocoanut and pineapple. Spread on saltines and bake until straw-colored.

Mrs. Catherine Tarnutzer.

Patrician Cakes

2 C. brown sugar	1 t. baking powder
3 T. butter	1 t. vanilla
2 eggs	1 t. lemon extract
1 C. flour	1 t. orange extract
	2 C. chopped pecans

Cream sugar and butter. Add well beaten eggs, mixed and sifted dry ingredients, flavoring and pecans. Drop from teaspoon on buttered baking sheet and bake.

Mrs. H. W. Merrill.

Pumpernickle

$\frac{1}{3}$ C. shortening	1 $\frac{1}{2}$ t. baking powder
1 C. sugar	$\frac{1}{2}$ t. salt
1 egg	1 C. chopped pecans
2 $\frac{1}{3}$ C. flour	1 C. milk
	1 t. vanilla

Cream shortening and sugar and add well beaten eggs. Mix and sift dry ingredients, add

PECAN CAKES

nuts and add alternately with milk to the first mixture. Add vanilla and bake. When cold, cut in slices $\frac{1}{2}$ inch thick and toast in the oven until slightly browned. *Mrs. R. B. Stephenson.*

$\frac{3}{4}$ C. sugar	1 C. flour	Oatmeal
$\frac{1}{4}$ C. shortening	$\frac{1}{2}$ t. cinnamon	Delights
$\frac{1}{2}$ C. sour cream	$\frac{1}{4}$ t. cloves	
$\frac{1}{2}$ t. soda	$\frac{1}{2}$ t. salt	
$\frac{1}{2}$ egg	$\frac{1}{4}$ C. raisins	
1 C. rolled oats	$\frac{1}{4}$ C. chopped pecans	

Cream sugar and melted shortening. Add soda dissolved in sour cream, well beaten egg, rolled oats, sifted flour and spices, pecans, and raisins. Drop from a teaspoon on a buttered baking sheet and bake.

Mrs. A. Dresser, Jr.

$\frac{1}{2}$ C. shortening	$\frac{1}{2}$ C. chopped dates	Oatmeal
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ t. cinnamon	Date Cakes
1 egg	$\frac{1}{2}$ t. salt	
$\frac{1}{4}$ C. sour milk	1 C. uncooked oatmeal	
1 t. soda	$\frac{1}{2}$ t. vanilla	
1 C. flour	$\frac{1}{2}$ C. chopped pecans	

Cream sugar and shortening. Add well beaten egg, soda dissolved in sour milk, and the remaining ingredients. Drop by spoonfuls on greased baking sheet, allowing for spreading. Bake in a moderate oven 15 to 20 minutes.

Mrs. J. W. Brown.

$1\frac{1}{2}$ C. brown sugar	1 t. cinnamon	Spice Rocks
$\frac{1}{2}$ C. shortening	1 t. soda	
3 eggs	1 T. hot water	
2 C. flour	1 C. raisins or dates	
$\frac{1}{4}$ t. salt	1 C. pecans	

Cream sugar and shortening. Add well beaten eggs, mixed and sifted dry ingredients, soda dissolved in hot water, fruit, and pecans. Drop from a teaspoon on a buttered baking sheet and bake.

Mrs. Louis Hilden.

800 PROVED PECAN RECIPES

Raisin Rocks	$\frac{1}{2}$ C. shortening 1 C. brown sugar 2 eggs 3 C. flour 1 t. baking powder 1 t. cinnamon	$\frac{1}{4}$ t. nutmeg 1 C. buttermilk 1 t. soda $\frac{1}{2}$ t. vanilla $\frac{1}{2}$ C. raisins $\frac{3}{4}$ C. chopped pecans
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Cream sugar and shortening. Add well beaten eggs, mixed and sifted dry ingredients, soda dissolved in buttermilk, vanilla, raisins, and pecans. Drop from a teaspoon on a buttered baking sheet and bake.

Mrs. E. Frylsman.

Raspberry Marguerites	1 egg white $2\frac{1}{2}$ T. powdered sugar 1 t. lemon juice	1 C. chopped pecans 2 T. raspberry jam Saltines
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Beat egg white until stiff and dry. Add powdered sugar, lemon juice, pecans, and raspberry jam. Pile by spoonfuls on saltines and bake 10 minutes in a moderate oven.

Mrs. Harry T. Fox.

Scotch Five O'Clocks	$\frac{1}{2}$ C. shortening $\frac{1}{2}$ C. sugar 1 egg $\frac{1}{2}$ C. uncooked oatmeal $\frac{1}{2}$ C. uncooked bran 1 C. flour $\frac{1}{2}$ t. salt	$\frac{1}{2}$ t. cinnamon $\frac{1}{4}$ t. cloves $\frac{1}{3}$ C. sour milk $\frac{1}{2}$ t. soda $\frac{1}{2}$ t. vanilla $\frac{1}{2}$ C. raisins, figs, or currants $\frac{1}{2}$ C. chopped pecans
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Cream shortening and sugar. Add beaten egg, dry ingredients, soda dissolved in sour milk, vanilla, fruit, and pecans. Drop from a teaspoon on a buttered baking sheet and bake.

Mary L. Sauerbier.

Scottish Fancies	1 egg $\frac{1}{2}$ C. sugar $\frac{3}{4}$ T. melted butter	$\frac{1}{4}$ t. salt $\frac{1}{2}$ C. chopped pecans $\frac{1}{2}$ C. rolled oats $\frac{1}{4}$ t. vanilla
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Beat egg until light, add sugar gradually, then stir in remaining ingredients. Drop from a tea-

PECAN CAKES

spoon 1 inch apart on a greased baking sheet. Spread into circular shape with a knife first dipped in cold water. Bake in a moderate oven until brown.

Mrs. George F. Jammer.

$\frac{5}{8}$ C. sugar	$1\frac{1}{2}$ eggs	Spice Drops
$\frac{1}{4}$ C. Crisco	$\frac{1}{2}$ C. raisins	
2 T. Karo syrup	$\frac{1}{2}$ C. pecans	
$\frac{1}{2}$ t. soda	$1\frac{3}{4}$ C. flour	
1 T. hot water	$\frac{1}{2}$ t. allspice	
	$\frac{1}{2}$ t. cinnamon	

Cream sugar and Crisco. Add syrup, soda dissolved in hot water, well beaten eggs, and raisins and nuts mixed with flour and spices. Drop from a teaspoon on a greased baking sheet and bake.

Mrs. H. W. Voigt.

4 T. butter	1 t. cream of tartar	Sour Milk
1 C. sugar	$\frac{1}{4}$ t. nutmeg	Doughnuts
1 egg	$\frac{1}{2}$ t. salt	
3 C. flour	1 C. sour milk	
1 t. soda	1 C. grated pecans	

Cream butter and sugar and add well beaten egg. Mix and sift dry ingredients 3 times and add alternately with the milk to the first mixture. Add pecans and mix well. Roll, cut out, and let stand 2 hours, and cook in deep fat.

Mrs. Wm. M. Jones.

$\frac{1}{4}$ C. butter	1 C. flour	Tea Cakes
$\frac{1}{2}$ C. sugar	1 t. baking powder	
1 egg	$\frac{1}{4}$ t. salt	
$\frac{1}{4}$ t. almond extract	2 T. water	
$\frac{1}{4}$ t. rose extract	$\frac{1}{2}$ C. chopped pecans	

Cream the butter and sugar, add well beaten egg and flavoring and beat well. Add mixed and sifted dry ingredients alternately with the water, and pecans. Drop from a teaspoon on a buttered tin and bake.

Dr. L. B. Miller.

800 PROVED PECAN RECIPES

**Shirley
Bran Drops**

$\frac{1}{2}$ C. butter	1 C. flour
$\frac{3}{4}$ C. brown sugar	2 t. baking powder
1 egg	$\frac{1}{4}$ t. salt
2 T. milk	$\frac{1}{2}$ t. cinnamon
$\frac{3}{4}$ C. bran	$\frac{1}{2}$ t. lemon extract
$\frac{1}{3}$ C. chopped pecans	

Cream butter and sugar, and add the well beaten egg. Add milk, bran, and remaining dry ingredients mixed and sifted together, flavoring, and pecans. Drop by spoonfuls on a greased baking sheet, and bake.

**Southern
Lizzies**

$\frac{1}{2}$ C. brown sugar	$\frac{1}{2}$ t. cinnamon
$\frac{1}{4}$ C. butter	$\frac{3}{8}$ C. chopped pecans
1 egg	$\frac{1}{2}$ C. raisins
1 $\frac{1}{2}$ C. flour	1 T. citron peel
$\frac{1}{2}$ t. soda	2 $\frac{1}{2}$ t. orange juice
Pecan halves	

Cream sugar and butter. Add well beaten egg, mixed and sifted dry ingredients, pecans, fruit, and orange juice. Drop from a teaspoon on a buttered baking sheet, press half a pecan on top, and bake.

Kathryn Prince.

Yum-Yums

1 egg	$\frac{1}{2}$ t. salt
1 C. sugar	$\frac{1}{4}$ C. butter
$\frac{1}{2}$ C. milk	1 C. chopped dates
1 C. flour	1 C. chopped pecans
2 t. baking powder	$\frac{1}{2}$ t. vanilla

Cream together the sugar and egg. Add milk, mixed and sifted dry ingredients, melted butter, dates, pecans, and vanilla. Spread in greased pan to $\frac{1}{4}$ inch in thickness. Bake in a moderate oven 20 minutes. Turn out, cut in squares, and roll in powdered sugar.

Mrs. Florence M. Potter.

CHAPTER VII

PECAN CANDIES

FUDGE

FONDANT

CARAMELS

CREAMS

PRALINES

SALTED NUTS

HARD CANDIES

***“Sweets
to the Sweet”***

PECAN
PRALINES



PECAN
LOG CABIN
ROLL



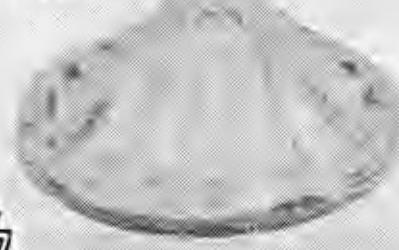
PECAN
CITRON
MERINGUES



PECAN
CARAMELS



PECAN
FRUIT
CANDY



GLACE
PECAN
BASKET



PECAN CANDIES





PECAN FRUIT PASTRY



CHAPTER VII

Pecan Candies

The use of pecans in candies is no new discovery—although among the recipes which follow you may find nine out of ten with which you were previously unacquainted.

Just as the pecan is the native American nut—America's finest contribution to the world's natural food products—so the Pecan Praline is the native American candy, with a history as remarkable as this confection is delectable. Nearly two centuries ago the praline was famous around New Orleans; in a history of Louisiana written by Le Page du Pratz, a French explorer, and published in 1758, the great value of the pecan to the French colonists is discussed and the praline (then made from wild pecan kernels) is most highly praised.

Pralines, and other pecan candies originating in the Southland, have been most widely made and used in all sections of America and are making themselves known abroad wherever a supply of pecan nuts is available. For the pecan among all nuts is the one best fitted to use in the summer time. The addition of pecans to candies makes of candies a real food, better balanced and more healthful, in addition to imparting a delicious flavor.

Pecan candies can readily be made in the home, and being of known pure materials are more dependable. The fruit flavors are especially recommended for children.

In boiling sugar for confectionery, fourteen degrees of density are used by the professional candy maker.

PECAN CANDIES

2 T. gelatine	1 C. sugar	Apricot
$\frac{1}{2}$ C. cold water	$\frac{1}{2}$ C. water	Gum Drops
Grated rind and juice of 1 orange	1 C. dried apricots	
Juice of 1 lemon	1 C. chopped pecans	
	Powdered sugar	

Dissolve gelatine in cold water. Add grated rind and juice of orange, juice of lemon, sugar and water, and boil 10 minutes, stirring constantly. Add chopped apricots and boil 10 minutes more. Add pecans, pour in buttered pans, cut in squares, and roll in powdered sugar.

Mrs. W. H. Smith.

$1\frac{2}{3}$ C. sugar	1 $\frac{1}{2}$ T. butter	Butterscotch
$\frac{1}{3}$ C. corn syrup	$\frac{1}{4}$ t. salt	Marshmallows
$\frac{1}{2}$ C. water	$\frac{1}{2}$ t. vanilla	
1 T. molasses	2 boxes marshmallows	
	Pecan halves	

Mix sugar, corn syrup and water and stir until dissolved. Boil until brittle when tried in cold water. Add molasses and butter. Cook until it cracks in cold water, stirring to prevent burning. Remove from fire, add salt and vanilla. Dip marshmallows into mixture and press a pecan half on each one.

Mrs. V. H. Marshall, Jr.

1 C. brown sugar	1 C. white syrup	Chocolate
3 T. cocoa	2 T. butter	Caramels
1 C. milk	1 t. vanilla	
	1 C. chopped pecans	

Mix sugar and cocoa, dissolve in milk, add syrup and cook to hard ball stage. Remove from fire, add butter, vanilla, and pecans. Pour in buttered tin to depth of one inch and cut into cubes.

Blanche Norman.

800 PROVED PECAN RECIPES

Brittle

2 lbs. granulated sugar	1 T. lemon juice
1 C. water	2 C. pecan halves

Boil sugar and water to brittle point. Add lemon juice. Spread pecan halves on buttered shallow tin and pour syrup over them. Let cool and mark off in strips.

Caramel

2 C. brown sugar	$\frac{1}{4}$ t. salt
1 small can condensed milk	$\frac{1}{2}$ t. vanilla
1 T. syrup	Marshmallows
	Grated pecans

Boil sugar, milk and syrup until syrup reaches the hard ball stage. Add salt and vanilla. Dip marshmallows in mixture and roll in grated pecans.

Mrs. B. W. LaHeist.

Cherry Bars

1 T. water	$1\frac{3}{4}$ C. confectioner's sugar
1 t. vanilla	1 C. grated pecans
1 egg white	1 C. maraschino cherries

Add water and vanilla to unbeaten egg white. Work sugar into this gradually until it forms a stiff paste. Add pecans and cherries cut in small pieces. Knead, and roll out to $\frac{1}{4}$ inch in thickness and cut in bars.

Ruth E. Tait.

**Butterscotch
Wafers**

$1\frac{2}{3}$ C. sugar	$\frac{1}{2}$ T. molasses
$\frac{1}{3}$ C. Karo	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ C. water	$\frac{1}{4}$ t. lemon extract
1 $\frac{1}{2}$ T. butter	Pecan halves

Put sugar, syrup and water in saucepan and stir until dissolved. Boil until it becomes brittle in cold water. Add butter and molasses and cook

PECAN CANDIES

until it cracks in cold water. Stir during second cooking process to prevent burning. When crack stage is reached, remove from fire, add salt, and flavoring. Drop by small spoonfuls on well oiled tin and press a pecan half on each wafer.

Mrs. Norma Hannes.

$\frac{1}{4}$ lb. chocolate	$\frac{1}{4}$ lb. marshmallows	Chocolate
1 C. pecan halves		Marshmallows

Butter a tin and spread small pieces of chocolate over the bottom. Heat until bottom is covered. Put marshmallows and pecan halves over this. Heat until marshmallows begin to melt, pour remaining melted chocolate over this, and place pecans on top. Cool and cut in squares.

Esther Ablin.

$1\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. chopped pecans	Chocolate
$\frac{1}{2}$ C. white syrup	$\frac{1}{2}$ t. vanilla or almond	Covered
$\frac{1}{2}$ C. cream	extract	Fudge
1 $\frac{1}{2}$ sq. unsweetened chocolate		

Boil sugar, syrup and cream until mixture forms a soft ball in cold water. Take from fire and beat until white and smooth. Beat in nuts and flavoring and pour into deep buttered tin. When cold, pour melted chocolate over it. Let stand until hard and cut in slices.

Mrs. Charles Sternold.

2 C. stoned dates	2 cakes snappy cheese	Cheese
1 C. chopped pecans	$\frac{1}{2}$ C. brown sugar	Stuffed Dates

Mix pecans, cheese, and sugar, and use as a filling for the dates.

Myrtle Minkler.

800 PROVED PECAN RECIPES

Cream Penuche

2 C. brown sugar	1 C. cream
1 C. white sugar	1 T. butter
	1 C. chopped pecans

Cook first 4 ingredients until mixture forms a soft ball in cold water (238°). Remove from fire, add pecans, and beat well. Pour into a greased pan.

Mrs. Mark Chapman.

Chocolate Fudge

1/4 C. butter	1/4 C. molasses
1 C. white sugar	2 sq. chocolate
1 C. brown sugar	1 1/2 t. vanilla
1/2 C. cream	1 C. chopped pecans

Melt butter in an aluminum kettle. Combine the sugar, cream and molasses. Add to the butter and boil $2\frac{1}{2}$ minutes, stirring rapidly. Add chocolate and boil 5 minutes. Remove from fire, add vanilla and pecans. Stir until it thickens. Pour into buttered pans and set aside to cool.

Myrtle Minkler.

Chocolate Divinity

3/4 C. Karo syrup (red label)	1/4 t. vanilla
1/2 C. water	1 C. chopped pecans
2 C. sugar	1 small box cocoanut
2 egg whites	1/4 lb. candied cherries
	Bitter chocolate

Cook syrup, water, and sugar until mixture reaches the crack stage. Pour syrup over stiffly beaten egg whites, flavor with vanilla, and beat until quite stiff. Add pecans, cocoanut, and cherries. When too stiff to beat longer, spread on buttered platter and pour melted chocolate over the top. When cold, cut in squares.

Mrs. W. C. Fisher.

PECAN CANDIES

2 C. white Karo	1 can condensed milk	Caramels
2 C. sugar	2 C. sweet milk	
	½ C. grated pecans	

Mix sugar, Karo, condensed milk, and $\frac{1}{3}$ of sweet milk. Boil until it forms a soft ball in cold water. Add $\frac{1}{3}$ of sweet milk again and boil to soft ball stage. Add remaining milk and boil until it comes to the same stage. Add pecans and pour in buttered pan. When cold, cut in blocks and wrap.

Mrs. E. P. Stickney.

2 C. white sugar	2 T. butter	Chocolate
1 C. brown sugar	1 t. vanilla	Marshmallow
1 C. milk	1 C. chopped pecans	Fudge
$\frac{1}{4}$ lb. chocolate	$\frac{1}{4}$ lb. marshmallows	

Boil sugar, milk and chocolate until it forms a soft ball in cold water. Remove from fire and add butter and vanilla. Beat until stiff enough to spread, and add nuts. Cut marshmallows into quarters, place in a greased pan and pour fudge mixture over them.

Mrs. E. P. Stickney.

2 C. sugar	6 T. butter	Cream
$\frac{1}{3}$ C. white syrup	1 $\frac{1}{2}$ C. cream	Caramels
	$\frac{1}{4}$ C. chopped pecans	

Mix sugar, syrup, butter, and half of the cream together thoroughly. Cook 5 minutes. Add remaining cream and cook to 240° F. Pour into buttered tin and let stand 24 hours.

Rachel Lehman.

800 PROVED PECAN RECIPES

Cocoa Fudge

2 C. sugar	1 C. milk
2 T. cocoa	1 T. butter
2 T. white Karo	$\frac{1}{2}$ t. vanilla
	$\frac{1}{2}$ C. chopped pecans

Boil sugar, cocoa, Karo and milk until it forms a soft ball in cold water (232° F.). Boil covered for first few minutes to allow steam to wash sugar crystals from the side of pan. Then uncover and stir while candy finishes boiling. Remove from fire, add butter, vanilla and pecans. Place pan in cold water, and beat until candy becomes creamy. Drop from a teaspoon on waxed paper or pour in tins and mark in squares when cool.

Mrs. H. Hickerson.

**Fondant
Covered
Pecans**

1 C. confectioner's sugar	$\frac{1}{2}$ t. vanilla
2 T. boiling water	Colorings
	Pecan halves

Combine sugar with water, add vanilla, and use as many different colors as you prefer. Dip pecans in fondant. These may be used as a confection or to decorate cakes and salads.

Mrs. David E. Wucherer.

Fruit Paste

$\frac{1}{2}$ C. dates	Grated rind of $\frac{1}{2}$ orange
$\frac{1}{2}$ C. figs	Orange juice
$\frac{1}{2}$ C. seeded raisins	Confectioner's sugar
$\frac{1}{2}$ C. grated pecans	Granulated sugar

Put fruits through food chopper, add pecans, orange rind, and orange juice if needed to soften mixture. Press out to one inch in thickness on a board and sprinkle with confectioner's sugar. Cut in squares, roll in granulated sugar and set aside to dry.

Beulah Ricks.

PECAN CANDIES

1 C. dates	$\frac{1}{2}$ C. shredded cocoanut	Date Balls
1 C. grated pecans	Syrup	

Put dates through food chopper, add pecans, and cocoanut, moisten with syrup, and mold into balls.

Mrs. Chalmer Potts.

2 C. sugar	2 C. stoned dates	Date Loaf
1 C. milk	2 C. chopped pecans	

Cook sugar and milk until it forms a soft ball in cold water. Remove from fire, add dates, and mash with a potato masher. Add pecans. Pour on a damp cloth, fold cloth over, and shape into a loaf. When cold, slice.

Mrs. F. G. Beeler.

Fondant (Standard)	Marshmallows	Fondant
	Grated pecans	Marshmallows

Melt fondant in a double boiler until it flows. Drop marshmallows into fondant, then drop the fondant covered marshmallows into the grated pecans.

A. Philipp.

2 T. butter	2 C. pecan halves	Devilled
4 t. salt	Paprika	Pecans

Melt butter, add salt, and stir until dissolved. Add pecans and shake until well covered. Bake in a moderate oven for 10 minutes. Remove from oven, sprinkle with paprika, and pour out on brown paper.

Mrs. G. A. Jones.

800 PROVED PECAN RECIPES

Fruit Balls

$\frac{1}{2}$ lb. raisins	$\frac{1}{2}$ lb. dates
$\frac{1}{2}$ lb. figs	2 C. chopped pecans
	Powdered sugar

Put fruits through food chopper, add pecans, and roll into small balls. Just before serving dip in powdered sugar.

Hildegard Thornberg.

Maple Kisses

2 C. maple syrup	$\frac{1}{2}$ C. cream
1 T. white syrup	1 C. pecans

Mix syrups and cream. Cook slowly, without stirring, to soft ball stage. Remove from fire, set saucepan in pan of cold water and beat steadily until the mass adheres to a spoon in a lump. Turn out on board dusted with powdered sugar and knead with hands, working in finely chopped pecans all the while. Shape into small balls, and press a pecan half on each.

Lois Lush.

French Fondant Drops

2 C. sugar	$1\frac{1}{4}$ C. water
2 T. corn syrup	Confectioner's chocolate
	Pecan halves

Place sugar, syrup and water over a slow fire and stir constantly until sugar is dissolved. Bring quickly to the boiling point. Place cover on the pan and boil vigorously for one minute. Remove cover and continue boiling without stirring, washing down the sugar from inside of pan with a cloth, until it forms a soft ball in water, or 238° F. Pour the fondant on a platter that has been rinsed in cold water but not dried. When cooled to 100° , manipulate it with a spatula until white and creamy. Knead to a ball and put in a stone jar

PECAN CANDIES

with a damp cloth under the cover. When ready to dip, form into balls, dip in confectioner's chocolate and place a pecan half on top of each one.

Ruth Foreman.

2 C. sugar	1 egg white	Fruit
$\frac{1}{2}$ C. corn syrup	$\frac{1}{4}$ C. chopped pecans	Nougatines
$\frac{1}{2}$ T. water	$\frac{1}{4}$ C. chopped raisins	
	$\frac{1}{4}$ C. crystallized cherries	

Cook sugar, syrup and water to 240° F. Cool slightly, pour mixture slowly over stiffly beaten egg white, stirring constantly. Add nuts, raisins, and cherries, and turn into oiled pan. When cold, cut into strips or squares.

Mary E. Rippman.

2 C. sugar	2 squares chocolate	Fudge
$\frac{1}{2}$ C. milk	1 t. vanilla	
$\frac{1}{3}$ C. Karo syrup	2 T. butter	
	1 C. chopped pecans	

Cook sugar, milk, syrup and chocolate, until mixture forms a soft ball in cold water. Remove from fire, and add vanilla, butter, and pecans. Beat until creamy and pour in buttered pans.

Mrs. Christ Cappas.

2 C. sugar	$\frac{1}{2}$ t. cream of tartar	Fruit Fudge
$1\frac{1}{2}$ C. cream	$\frac{1}{3}$ T. vanilla	
$\frac{2}{3}$ C. syrup	$\frac{1}{3}$ C. chopped pecans	
	2 T. candied cherries	

Mix sugar, cream and syrup and cook until it forms a soft ball in water. Add cream of tartar, vanilla, pecans and cherries. Beat until mixture is creamy and thick. Pour into well buttered pan.

Madalene M. Worden.

800 PROVED PECAN RECIPES

Glacé Dates

2 C. sugar
½ C. water
Juice of $\frac{1}{4}$ lemon

Dates
Pecan halves
Cloves

Remove pits from dates and insert a pecan half and a clove in each one. Boil sugar and water to brittle stage, remove from fire, place pan in a pan of hot water, and add lemon juice. Dip dates in hot syrup. Place on waxed paper.

Mrs. Birch MacTuddy.

Neapolitan Fudge

Use "Cocoa Fudge" recipe, page 154, and any standard "French Fondant" recipe.

When fudge is beaten until creamy, turn on platter that has been wet with cold water, and knead until soft. Press half of fudge into a square or oblong pan, cover with layer of fondant that has been tinted a delicate pink. Place remainder of fudge on top and press all together firmly. Let stand in mold short time, turn out on waxed paper, and cut in squares.

Mrs. H. Hickerson.

Honey Squares

3 T. strained honey
1 C. sugar
2 T. hot water

1 C. brown sugar
½ C. cream
 $\frac{3}{4}$ t. vanilla
Pecan halves

Mix all except nuts in a saucepan and stir until sugar dissolves. Cook without stirring to hard ball stage. Remove from fire, add vanilla, pour into buttered tin and while warm mark into squares and press a pecan half on each square.

Evelyn French.

PECAN CANDIES

2 C. sugar	$\frac{1}{8}$ t. cream of tartar	Glacé Pecans
1 C. boiling water	Cold water	

Put sugar, boiling water, and cream of tartar in a saucepan, stir, place on fire, and bring to the boiling point. Boil without stirring until syrup begins to discolor. Wash off sugar adhering to side of pan. To do this, have a pan of cold water near at hand. Dip hand in cold water, then quickly wash off a small part of the sugar with tips of fingers. Repeat until all sugar on the side of the saucepan is removed. Remove saucepan from fire and place in a pan of cold water to stop the boiling instantly. Remove from cold water and place in a saucepan containing boiling water, where it should remain during dipping. Take nuts separately on a long pin, dip in syrup and place on waxed paper. If the syrup becomes too thick, place on fire, bring to the boiling point, and remove at once.

Alma Horton.

2 egg whites	1 C. sugar	Kisses
	$\frac{1}{2}$ C. chopped pecans	

Beat egg whites until stiff, and add sugar and pecans. Mold into small round balls and place on waxed paper. Dry out for 15 minutes in medium oven.

Erma S. McMahan.

$\frac{1}{2}$ lb. dates	$\frac{1}{4}$ lb. dried peaches	Parisian
1 lb. raisins	2 C. grated pecans	Sweets
$\frac{1}{4}$ lb. dried apricots	Powdered sugar	

Put fruit through food chopper, add pecans, form into balls, and roll in powdered sugar.

Eva Fay Emrick.

800 PROVED PECAN RECIPES

**Maple
Creams**

2 C. maple syrup $\frac{1}{4}$ t. salt
 1 C. chopped pecans

Boil maple syrup until it forms a soft ball in cold water (238°). Remove from fire, pour into a cold bowl, add salt, and beat until it creams. Add pecans, and drop from a teaspoon on oiled paper.

Mrs. Anna Selkirk Norton.

**Log Cabin
Roll**

1 C. brown sugar 1 C. cream
 $\frac{1}{2}$ C. sugar 3 T. butter
 $\frac{3}{4}$ C. maple syrup Corn syrup
Chopped pecans

Cover and cook the sugar, syrup, cream and butter for 5 minutes. Uncover and cook to soft ball stage. Cool for 15 minutes, then beat and roll in logs 1 inch thick and 3 inches long. Roll logs in corn syrup and then in pecans.

Mrs. W. J. Miller.

**Orange
Pralines**

$\frac{1}{2}$ rind of 1 orange 1 C. cream
Hot water 1 t. butter
2 $\frac{1}{2}$ C. brown sugar Juice of 1 orange
 1 C. chopped pecans

Cut orange rind in small pieces, pour hot water over it, and let stand until ready for use. Cook sugar, cream and butter until it thickens, add orange juice and the prepared rind. Cook until it forms a soft ball in water. Remove from heat and beat until it creams. Add pecans. Drop from teaspoon on a buttered plate.

Nettie Burkholder.

PECAN CANDIES

$\frac{1}{2}$ C. strong coffee	2 C. brown sugar	Maple
1 C. chopped pecans		Penuche

Boil coffee and brown sugar until syrup spins a thread (216°). Remove pan to a dish of cold water and beat mixture rapidly until it creams. Add pecans, pour into a warm flat tin and cut in squares.

A. McCalmont.

2 T. thick cream	Confectioner's sugar	Mint Balls
6 drops peppermint essence	Pecan halves	

Mix cream and peppermint and add sugar to form a thick paste. Make into small balls and press a pecan half on top.

Margaret E. Cannon.

2 C. sugar	$\frac{1}{3}$ t. cream of tartar	Glacé
1 C. boiling water	Pecan halves	Pecan
	Glacé strawberries	Baskets

Put sugar, water and cream of tartar in a smooth saucepan, stir, place on fire, and heat to boiling point. Wash off syrup which adheres to sides of saucepan with a brush dipped in cold water, and boil, without stirring, to 310° F. or until syrup begins to discolor. Remove saucepan at once from fire and place in a larger pan of cold water to instantly stop the boiling. Remove from cold water and place in a saucepan of hot water. Dip nuts in syrup and fasten two together for the bottom of the basket. Place others upright around the edge for the sides of the basket. As soon as candy can be handled, pull until glossy, and shape to form a handle. Dip the ends in melted syrup and attach them to the sides of the basket. Fill with glacé strawberries.

800 PROVED PECAN RECIPES

Maple
Pralines

2 C. sugar	2 T. butter
1 C. maple syrup	$\frac{1}{4}$ t. cream of tartar
$\frac{1}{2}$ C. milk	2 C. chopped pecans
	1 t. vanilla

Boil sugar, maple syrup and milk together until it forms a soft ball in cold water. Add butter and cream of tartar. Beat until creamy, add pecans and vanilla. Drop by spoonfuls on marble table or waxed paper.

Mrs. N. H. Royland.

Mocha
Brittle

1 C. strong coffee	$\frac{1}{2}$ C. corn syrup
2 C. sugar	$\frac{3}{4}$ C. butter
	$\frac{1}{2}$ C. pecan halves

Combine first four ingredients and boil until syrup cracks in cold water. Grease a shallow pan and lay pecan kernels on the bottom. Pour syrup over nuts. When almost cool, mark in small squares.

Mrs. I. E. Nickerson.

Peppermint
Creams

2 C. sugar	1 t. essence of peppermint
$\frac{1}{2}$ C. milk	1 C. chopped pecans

Boil sugar and milk 5 minutes. Remove from fire, add peppermint, set pan in cold water and stir until syrup begins to cream. Pour over nuts previously placed in a buttered dish. Cut in squares. May be made into rounds or fancy shapes and pecan halves placed on top.

Mrs. Fred Zollinger.

Pecan
Clusters

2 C. broken pecans	$\frac{1}{4}$ t. salt
1 C. sugar	1 C. water
$\frac{1}{2}$ C. Karo syrup	$\frac{1}{4}$ lb. butter

Heat pecans in oven to about 100° F. Combine sugar, syrup, salt, and water and boil to 300° F. Remove from fire and add pecans. Stir in butter and spread mixture on a greased pan or a marble top table. Separate nuts.

A. Philipp.

PECAN CANDIES

2 C. sugar	1 T. butter	Marshmallow
$\frac{1}{2}$ C. milk	$\frac{1}{2}$ C. marshmallows	Fudge
$\frac{1}{3}$ C. corn syrup	$\frac{1}{2}$ C. chopped pecans	
2 sq. chocolate	1 t. vanilla	

Cook sugar, milk, syrup and chocolate until it forms a soft ball in cold water. Remove from fire, add butter, and let cool. Beat in marshmallows cut in small pieces, pecans, and vanilla. Pour in buttered pans and cut in squares.

Winifred Black.

1 lb. brown sugar	1 T. butter	Taffy
1 C. water	1 t. vanilla	
$\frac{2}{3}$ C. corn syrup	1 C. chopped pecans	

Combine sugar, water, corn syrup and butter and cook until syrup forms a firm ball in cold water. Remove from fire, let stand 5 minutes, and stir in vanilla and pecans. Drop from tablespoon on wax paper or marble slab. When cold, wrap in wax paper.

Mavis Kendrick.

1 C. confectioner's sugar	Pink coloring	Rose Buds
1 egg white	Green coloring	
Rose flavoring	$\frac{1}{2}$ C. pecan halves	

Add sugar gradually to egg white, stirring constantly. Add flavoring and divide paste into 2 equal parts. Color first part pink and second green. Force green portion through a pastry tube, forming leaves. On each of these place a pecan half. Force pink portion through pastry tube to form rosebuds on the nuts.

Elizabeth Thomas.

800 PROVED PECAN RECIPES

Pineapple Squares

1 C. brown sugar	1 T. butter
1 C. white sugar	$\frac{1}{2}$ C. grated pineapple
$\frac{3}{4}$ C. milk	$\frac{1}{2}$ C. chopped pecans

Boil sugar, milk and butter for a few minutes, add drained pineapple, and cook until it forms a soft ball in cold water. Beat until cool, add pecans, and continue beating until creamy. Pour in pan and cut in small squares.

K. A. Miller.

Pralines

2 C. brown sugar	$\frac{1}{3}$ C. butter
$\frac{1}{4}$ C. water	2 C. chopped pecans

Stir sugar, water, and butter together over a slow fire until the sugar is dissolved. Add pecans and boil until mixture forms a hard ball in cold water. Drop mixture on waxed paper, allowing it to spread out until about $\frac{1}{3}$ inch in thickness and 4 inches in diameter.

Flo Onida Williamson.

Rolled Caramels

2 C. sugar	1 C. butter
$\frac{3}{4}$ C. white corn syrup	1 pt. cream
	1 C. chopped pecans

Mix sugar, corn syrup, butter and cream, and stir until it reaches the boiling point. Boil to a very firm ball stage and pour into a large, flat, buttered pan. Sprinkle with nuts and roll up. When cold, cut in $\frac{1}{2}$ inch discs.

Mrs. R. F. Kenyon.

Stuffed Dates

Dates	1 egg white
Chopped pecans	Sugar

Stone dates and fill with pecans. Brush them with unbeaten egg white and roll in grated pecans mixed with sugar.

Evelyn May Wadham.

PECAN CANDIES

2 T. butter 4 t. salt Salted
2 C. pecan halves Pecans I

Melt butter, add salt, and stir until dissolved. Add pecans and shake until each half is well buttered. Place in a medium oven and bake 7 minutes, or until a golden brown. Pour out on brown paper.

Polly Cooper.

1 egg white 1 t. salt Salted
2 T. water 4 C. pecan halves Pecans II

Add water to slightly beaten egg white. Add salt and stir until dissolved. Add pecans, shake until they are all well covered, and bake in a hot oven 11 minutes, stirring constantly. Pour out on brown paper.

Mrs. Bertha S. Heady.

2 T. butter 1 t. celery salt Salted
2 C. pecan halves Pecans III

Melt butter, add pecans, and stir until they are covered. Brown in medium oven 7 minutes. Remove from oven, sift with celery salt, and pour out on brown paper.

Mrs. R. D. Gillespie.

Seafoam

2 C. brown sugar	1 C. water	
1 t. cream of tartar	2 egg whites	
	2 C. chopped pecans	

Stir sugar, cream of tartar, and water in saucepan until thoroughly dissolved. Boil until it forms a soft ball in cold water. Pour hot syrup over stiffly beaten egg whites and stand the bowl in ice water until the mixture begins to thicken. Add pecans and drop from a teaspoon on waxed paper.

Mrs. Maude Lucas.

800 PROVED PECAN RECIPES

Penuche

2 C. brown sugar	1 T. butter
$\frac{3}{4}$ C. milk	$\frac{3}{4}$ C. chopped pecans
	1 t. vanilla

Boil sugar, milk and butter until mixture forms a soft ball in cold water (238°). Remove from fire and add nuts and vanilla. Beat until creamy, pour into greased tins, and cut in squares.

Mrs. J. P. Wheat.

Stuffed Cherry

2 oz. sugar	$\frac{1}{2}$ t. vanilla
5 oz. grated pecans	2 oz. confectioner's sugar
Juice of $\frac{1}{2}$ lemon	$\frac{1}{4}$ lb. glacé cherries

Rub sugar through a coarse sieve, add pecans, lemon juice, and vanilla. Form into small balls, and roll in sugar. Cut cherries in half and tuck a paste ball in each. May be rolled in sugar.

Mrs. Nellie Skinner.

Salted Pecan Men

Pecan halves	Salt
Butter	Raisins or candied cherries

Salt the pecans by browning in butter. Spread on brown paper to drain off fat. Salt. Take toothpicks and make little men by sticking pecans on top for head, a large raisin in middle for body, with toothpicks for arms and legs, on the ends of which are added pecans for hands and feet. Candied cherries may be used instead of raisins.

Mrs. Caroline W. Trotter.

Wintergreen Creams

2 T. thick cream	Confectioner's sugar
6 drops wintergreen extract	Pecan halves
	Red vegetable coloring

Mix cream and wintergreen and add sifted sugar to form a soft paste. Add coloring. Form into balls and press a pecan on each side or make into rounds and fancy shapes and place pecan half on each.

Mrs. B. W. LaHeist.

CHAPTER VIII

PECAN DESSERTS

PUDDING

CUSTARD

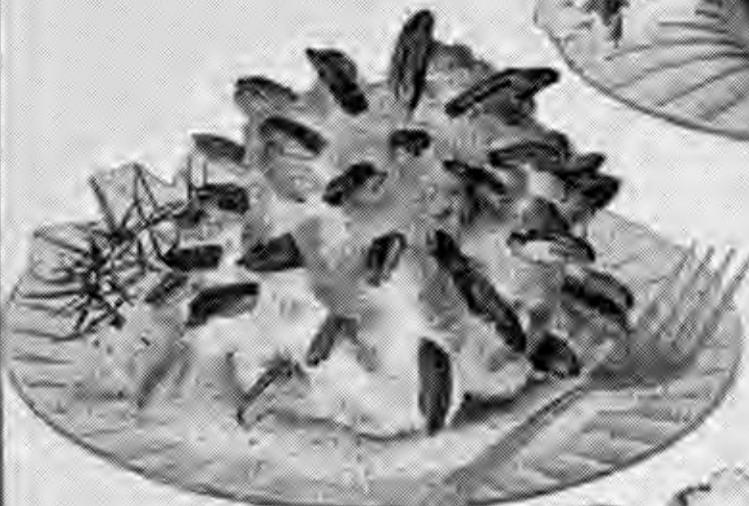
ICE CREAM

SHERBET

SAUCES

***“The proof of the
pudding is in the
eating.”***

NEAPOLITAN SPONGE
WITH PECANS



PECAN
PORCUPINE

PECAN
REFRIGERATOR
CAKE



PECAN
JELLIED
CUBES



PATRICIAN
WASHINGTON PIE



PECAN DESSERTS

PECAN AND
CANTALOUE
SUNDAE

CANTON
PECAN
SHERBET

PECAN
MARSHMALLOW
PARFAIT

NEW ENGLAND
PLUM PUDDING
WITH
PECANS

PECAN DESSERTS



CHAPTER VIII

Pecan Desserts

Have you ever tasted pecan caramel ice cream? Have you ever made pecan refrigerator cake, or pecan Bavarian cream? If not, you have some pleasing surprises coming, for pecans fit into desserts of all classes as few other natural products do.

Desserts
that are
Different

Strange, isn't it, how some women get the reputation for being superlative cooks as a result of using such desserts with judgment? Realizing that the dessert is often the most remembered portion of the meal, they follow the meal with a dessert that is different from the average, yet appropriate in relation to the meal. Following a heavy meal, when people wonder, "Ought I really eat any dessert?" these thoughtful housewives serve a light, easily digested dessert, such as fruit, fruit ices or jellies, while they follow a light meal with heavy desserts, plum pudding or other heavier pudding or rich creams.

Rightly
fitted to
the Meal

Frozen Pecan Desserts

Freezing. Each type of freezer may vary greatly in its requirements as to the size of ice to be used and the proportion of salt. What is said here can therefore be only general in character, and is to be considered in connection with the instructions regarding freezing which accompanied your freezer when it was received from the maker, and with your own experience with your particular freezer.

Obviously, the smaller you crack the ice, and the greater percentage of salt you use in the mixture the quicker your freezing results. But for storing ice cream and packing it to ripen, after you have removed the dasher, larger ice and less salt is required. It is only common sense also that if the freezing proceeds faster than the smoothing process (which results from the stirring up by the dasher, causing incorporation of air into the mixture) you will not get smooth, fine-textured ice cream, sherbet or water ice; therefore the mixture of one part salt to three parts of ice is generally best, especially if you have chilled the ingredients in the refrigerator before putting them into the freezer.

For frozen fruits, etc., where the mixture is coarser and the sugar content greater, one part of

salt to two of ice may be used in the freezing mixture, while for frappé and similar granular mixtures, equal quantities of ice and salt may be used in the freezing mixture.

Remember that the finer the ice is cracked the shorter its freezing usefulness. Therefore the tendency of the expert ice cream maker is to start packing very finely shaved ice around the lower portion of his freezer with ice cracked to the size of a chestnut above; and when the freezing is completed, and the dasher removed, all the water is drained off and larger ice packed around and above the freezer, with one part salt to four parts of ice. In this final packing process all air should be excluded (newspapers pressed down tightly on top of the ice above the freezer are excellent for the purpose) and the cream will continue to remain hard for two or three hours.

Larger Ice,
less Salt
for Packing

CAUTION—Never fill your ice cream can more than three-fourths full, if you want satisfactory results, even with water ices, where there is little or no gain in volume by the stirring (or paddling) during freezing. In the case of ice cream, where there is a very appreciable increase, fill your freezer little if any more than half full at the start. Chilling the ingredients in the refrigerator before freezing shortens the freezing time and assures better results.

Do not
fill the
Freezer
too full

Moulded Mixtures may be slightly frozen before moulding. Pack solidly in chilled moulds and cover with buttered wax paper, buttered side up, and adjust cover. Repack in mixture of one part salt to four parts ice.

Many of the mixtures frozen without stirring may be made in the drawers of an electric refrigerator. Use special directions supplied with refrigerator.

**What is an
Ice Cream?**

Ice creams, properly so called, are those mixtures frozen with stirring, which include all creams except Parfaits, Bisques, and Mousses, which latter three are frozen (without stirring) in moulds packed in salt and ice.

**A Water
Ice?**

Water ices include fruit ices, sherbets, which are water ices with addition of gelatine or beaten egg whites; frappes, which are water ices frozen to a mush, and punch, which is made of spiced fruit juices.

PECAN DESSERTS

The use of vegetable gelatine is suggested in place of animal gelatine.

4 slices of pineapple	2 T. grated pecans	Baked
	1 C. whipped cream	Pineapple

Bake pineapple in its own juice until a golden color. Pour off excess juice and in center of each slice place a spoonful of grated pecans mixed with whipped cream.

Mrs. W. C. Fisher.

8 bananas	2 C. grated pecans	Baked
3 T. butter	Juice of 1 lemon	Banana
¼ t. salt	⅔ C. sugar	Dessert

Peel bananas. Melt butter, pour in a baking dish, and add the salt. Lay bananas in the dish, and sprinkle with pecans, lemon juice, and sugar. Bake until bananas are tender, basting frequently with the syrup in the pan.

Mrs. Willis P. Rackley.

½ envelope gelatine	1 C. boiling water	Banana
¼ C. cold water	4 T. lemon juice	Whip
½ C. sugar	1 C. banana pulp	
	½ C. chopped pecans	

Soak gelatine in cold water for 5 minutes. Add sugar to boiling water, boil 1 minute, and add to softened gelatine. Cool. Add lemon juice to banana pulp and mash until blended. Beat the gelatine mixture until it is frothy and of about the thickness of whipped cream. Add banana pulp. Whip until blended, add pecans, and pour into molds. Chill and serve with whipped cream or on lettuce leaves with salad dressing.

Mrs. A. J. Walter.

800 PROVED PECAN RECIPES

Apple Whip

4 sweet apples	$\frac{1}{2}$ C. chopped raisins
1 C. grated pecans	1 egg white
	1 T. cream

Grate apples and add pecans and raisins. Add cream to egg white and beat until stiff. Combine with first mixture.

Mrs. Walter Jenson.

Banana Custard

$\frac{1}{2}$ C. sugar	2 egg yolks
2 T. cornstarch	8 graham crackers
1 t. vanilla	4 bananas
3 C. milk	1 C. chopped pecans
	2 egg whites

Combine first 5 ingredients and cook in double boiler until thick. Roll the graham crackers and place half in bottom of baking dish. Slice 2 of the bananas and place on top of crackers, then a layer of pecans, and a layer of custard. Repeat, cover with a meringue made of the stiffly beaten egg whites, and brown in oven.

Mrs. Ralph Burton.

Brown Betty

2 C. soft bread crumbs	$\frac{1}{4}$ t. cinnamon
2 T. butter	$\frac{1}{2}$ t. nutmeg
3 C. cooked apples	$\frac{1}{2}$ lemon, juice and rind
$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ C. water
	1 C. chopped pecans

Butter the bread crumbs. Add remaining ingredients to apples. Put $\frac{1}{4}$ of the crumbs in bottom of buttered baking dish, $\frac{1}{2}$ of the apple mixture, $\frac{1}{4}$ of crumbs, remainder of apples, and remainder of crumbs. Bake until crumbs are brown. Serve hot with sugar and cream or hard sauce.

Mrs. Sellers Love.

PECAN DESSERTS

1 pkg. lemon Jello	1 small bottle maraschino cherries	Bavarian
1 pt. boiling water	$\frac{1}{4}$ C. sugar	Cream
1 C. whipped cream	$\frac{1}{2}$ C. chopped pecans	
$\frac{1}{2}$ C. chopped pineapple	1 doz. marshmallows	

Cut marshmallows, pineapple, and pecans fine. Add sugar and set aside. Add boiling water to Jello, and when cold, set dish in cold water or on ice and whip to consistency of whipped cream. Fold in whipped cream and fruit mixture. Turn into mold and put in cold place to harden.

Mrs. Fred Greupner.

$\frac{1}{2}$ lb. sweet chocolate	4 eggs	Chocolate
2 $\frac{1}{2}$ T. water	$\frac{1}{2}$ lb. lady fingers	Refrigerator
2 T. sugar	1 C. chopped pecans	Cake
Whipped cream		

Melt chocolate in water in a double boiler. Add sugar. Beat yolks of eggs, add stiffly beaten whites, and add to chocolate. Arrange layer of lady fingers in well-buttered cake pan. Add layer of chopped pecans, then a layer of the chocolate mixture. Repeat twice. Put in ice box overnight and serve with whipped cream.

Mrs. W. H. Smith.

$\frac{3}{4}$ C. boiling coffee	$\frac{1}{8}$ t. salt	Coffee
$\frac{1}{4}$ C. milk	2 eggs	Soufflé
$\frac{1}{3}$ C. sugar	$\frac{1}{4}$ t. vanilla	
$\frac{1}{2}$ T. gelatine	$\frac{1}{4}$ C. chopped pecans	

Mix coffee, milk, sugar and gelatine in a double boiler and heat. Add salt and slightly beaten egg yolks, and cook until thick. Remove from heat, and add stiffly beaten egg whites, vanilla, and pecans. Mold, chill and serve with vanilla sauce.

Mrs. Edwards A. Potwine.

800 PROVED PECAN RECIPES

**Cake
Sandwich**

2 T. butter	2 t. baking powder
2 T. Crisco	$\frac{3}{4}$ C. pulverized sugar
$\frac{1}{2}$ t. vanilla	$\frac{1}{2}$ C. thin cream
$\frac{1}{4}$ t. salt	$\frac{1}{4}$ t. lemon or orange extract
2 eggs	$\frac{1}{2}$ C. grated pecans
1 $\frac{1}{4}$ C. bread flour	1 T. granulated sugar
$\frac{1}{4}$ C. cornstarch	
	Ice cream

Cream butter with the Crisco. Add vanilla and salt. Break the eggs one at a time into the creamed fats, beating thoroughly after the addition of each egg. Mix and sift the flour, cornstarch, baking powder and sugar, and add alternately with the cream to the first mixture. Add flavoring and pour into a baking tin lined with oiled paper. Sprinkle pecans and granulated sugar over the top of the batter. Cover with wax paper and bake. Cut the cake into 8 oblong slices and lay a small brick of vanilla ice cream between two slices of cake. Cover with chocolate sauce and sprinkle with chopped pecans.

Hot Chocolate Sauce

$\frac{1}{2}$ C. sugar	2 sq. bitter chocolate
2 T. boiling water	$\frac{1}{4}$ C. standard fondant
1 $\frac{1}{2}$ T. corn syrup	$\frac{1}{2}$ C. cream or milk
	$\frac{1}{2}$ t. vanilla

Boil sugar, water and syrup together until it forms a soft ball in cold water. Add hot syrup to melted chocolate. Then add fondant, cream and vanilla and take from fire and cool.

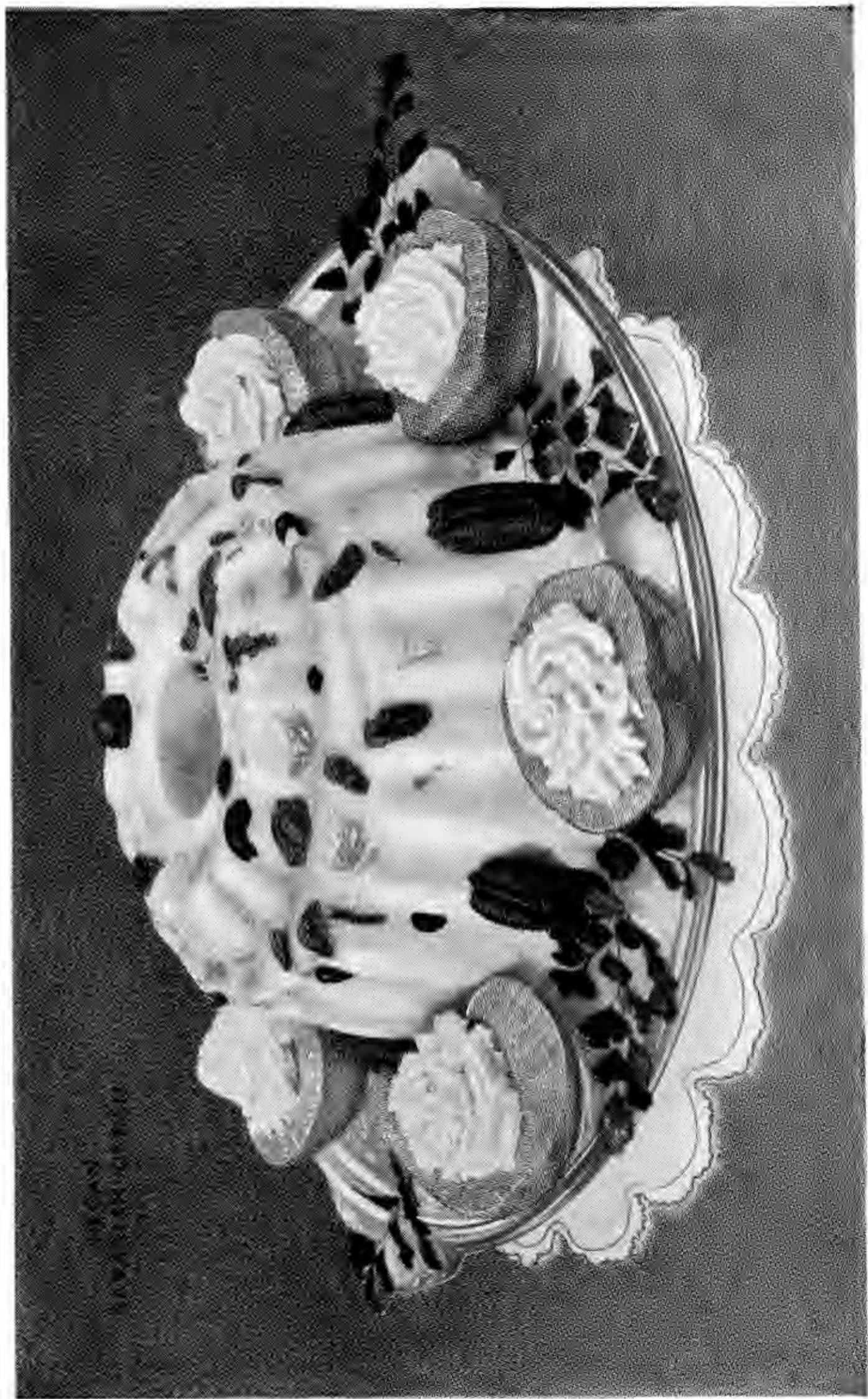
Mrs. E. H. Rosenbaum.

**Grape Juice
Soufflé**

2 C. grated rusks	1 pt. whipped cream
2 C. grape juice	1 C. chopped pecans

Cover bottom of dish with a layer of crumbs. Add juice to moisten crumbs, whipped cream, and nuts. Repeat until all ingredients have been added. Set aside for 1 hour in a very cool place.

Annie Larson.



PECAN DESSERTS

$\frac{1}{2}$ box gelatine
 $\frac{1}{2}$ C. cold cider

$1\frac{1}{2}$ C. boiling cider
1 C. sugar
 $\frac{1}{2}$ C. chopped pecans

Cider Jelly

Soak gelatine in cold cider for 5 minutes. Stir in boiling cider and sugar. When clear, add pecans and stand in a cool place until set. Serve with whipped cream.

Mrs. C. H. Griest.

3 eggs

$\frac{1}{4}$ lb. powdered sugar
 $\frac{1}{2}$ C. grated pecans

Cocoa Cream
Custard

Beat yolks of eggs, add powdered sugar and stir until creamy. Add pecans and whites of eggs beaten stiff. Pour into 2 greased layer cake tins and bake in a slow oven for 30 minutes. When cool, cut in portions and serve with cocoa whipped cream.

Cocoa Whipped Cream

2 T. cocoa
3 T. powdered sugar

$\frac{1}{4}$ t. vanilla
 $\frac{1}{2}$ C. whipping cream

Combine sugar and cocoa with a little hot water. Add vanilla and cream, and whip until stiff enough to spread.

Mrs. E. A. Rickle.

2 C. water
1 T. butter
 $\frac{3}{4}$ C. sugar
3 T. cocoa

4 T. cornstarch
 $\frac{1}{2}$ C. chopped pecans
1 t. vanilla
Whipped cream

Cocoa
Custard

Mix water and butter and bring to a boil. Combine dry ingredients and add, stirring constantly. Cook 8 minutes. Remove from fire, add pecans and vanilla and pour in molds. Serve with whipped cream.

Mrs. E. L. Stodghill.

800 PROVED PECAN RECIPES

Cream Puffs 1 C. hot water $\frac{1}{2}$ C. butter
 $\frac{1}{2}$ t. salt 1 C. flour
 4 eggs

Heat water, salt and butter. As soon as it comes to a boil, add flour and stir about 5 minutes. When cool, add eggs, one at a time, and beat thoroughly before adding another. When well mixed, drop by small tablespoonsful on buttered pan, allowing room for them to spread. Bake. When cool, split and fill with cream.

Cream

2 T. cornstarch	$\frac{3}{4}$ C. sugar
1 pt. milk	$\frac{1}{2}$ t. salt
3 eggs	1 C. grated pecans
	$\frac{1}{2}$ t. vanilla

Combine cornstarch with milk and cook in a double boiler until it begins to thicken. Beat together eggs, sugar and salt and add to milk. Cook a few minutes longer. Cool and add pecans and vanilla.

Mrs. Minnie Holmes.

Neapolitan Sponge 5 egg whites 1 small bottle maraschino cherries
 1 C. sugar Cocoanut
 1 T. gelatine 2 T. cocoa
 $\frac{1}{2}$ C. water $\frac{1}{2}$ C. chopped pecans
 1 t. vanilla

Beat egg whites until stiff, and add sugar gradually. Heat gelatine and water to boiling point, pour over egg mixture and beat until blended. Flavor with vanilla. Divide in 3 portions. Color one pink by adding maraschino cherries with juice drained off. Put into mold and set on ice while mixing next layer. Use cocoanut for second layer and pour on over pink layer. For third, add cocoa and pecans. Keep on ice until ready to serve. Turn out and slice.

Mrs. W. C. Fisher.

PECAN DESSERTS

$\frac{1}{4}$ lb. marshmallows	1 can cherries	Fruit Cream
1 pt. whipped cream	1 can sliced pineapple	
1 C. chopped pecans		

Cut marshmallows in cubes and soak 1 hour in whipped cream. Just before serving, add chopped fruit and roasted pecans. Mix thoroughly and serve on slices of Angel Food Cake.

Professor M. Louise Menser.

1 T. gelatine	2 T. chopped ginger	Ginger
$\frac{1}{8}$ C. cold water	2 T. chopped candied	Fruit Cream
$\frac{1}{4}$ C. milk	pineapple	
$\frac{1}{4}$ C. sugar	2 T. chopped candied	
1 egg white	cherries	
2 T. chopped pecans	$\frac{3}{4}$ C. heavy cream	
2 T. chopped cooked prunes	$\frac{1}{4}$ C. pecan halves	

Soak gelatine in cold water for 5 minutes. Heat milk and sugar in double boiler, add gelatine, and stir until dissolved. Remove from heat, and set in bowl of ice water, stirring occasionally. Fold beaten egg white, chopped pecans, and fruit into the thickened gelatine mixture, and add half of the whipped cream, turn into a mold, and set aside until firm. Unmold, and garnish with remaining whipped cream and pecan halves.

Mrs. G. G. Milligan.

3 eggs	1 t. baking powder	Date Dessert
1 C. brown sugar	1 t. vanilla	
1 C. flour	1 C. chopped pecans	
	1 C. chopped dates	

Beat egg yolks, add sugar, flour, baking powder, vanilla, pecans and dates. Fold in well beaten egg whites. Bake in thin sheet in moderate oven. Serve warm with whipped cream or cold, crumbled in sherbet glasses.

Mrs. H. E. Brigham.

800 PROVED PECAN RECIPES

Grape Float

1 T. gelatine	1 C. grape juice
$\frac{1}{4}$ C. cold water	Juice of 1 lemon
$\frac{3}{4}$ C. sugar	3 egg whites
	$\frac{1}{4}$ C. grated pecans

Soften gelatine in cold water and dissolve by standing the dish in hot water. Dissolve sugar in fruit juices and strain gelatine into it. Set in a cool place until the mixture begins to thicken. Gradually add the well beaten egg whites and beat until the mixture is very light and stiff enough to hold its shape. Add pecans and serve.

Mrs. W. Allen Hammond.

**Orange
Bavarian
Cream**

1 T. gelatine	$\frac{1}{2}$ C. sugar
$\frac{1}{4}$ C. cold water	$\frac{1}{8}$ t. salt
1 C. orange juice	1 C. heavy cream
Juice of $\frac{1}{2}$ lemon	$\frac{1}{2}$ C. chopped pecans

Soak gelatine in cold water. Add strained fruit juice, sugar, and salt. Place over boiling water and stir until the gelatine melts and the sugar dissolves. Set in a cool place and stir until the mixture begins to thicken. Whip the cream and fold into the gelatine mixture. Add nuts, pour into molds, and let stand in a cool place until serving time.

Mrs. W. W. Cutler.

Maple Cream

1 C. maple syrup	$\frac{1}{4}$ C. cold water
1 T. gelatine	$\frac{1}{2}$ C. chopped pecans
	1 C. whipped cream

Heat maple syrup to boiling point. Dissolve gelatine in cold water and add to maple syrup. Cool, add pecans and whipped cream. Let stand in the ice box 5 or 6 hours, and serve cold.

Josephine M. Sullivan.

PECAN DESSERTS

$\frac{1}{2}$ package lemon Jello	$\frac{1}{2}$ C. shredded cocoanut	Jellied Cubes
$\frac{1}{2}$ package strawberry Jello	1 C. chopped pecans	
$\frac{1}{2}$ lb. marshmallows	1 $\frac{1}{2}$ C. whipping cream	

Dissolve Jello in boiling water and let stand until it is cold and firm. Cut in cubes, add halved marshmallows, shredded cocoanut, pecans, and sweetened and flavored whipped cream.

Mrs. W. S. Shelby.

$1\frac{1}{2}$ C. granulated sugar	1 C. salted pecans	Patrician
	1 C. whipping cream	Cream

Heat sugar until dissolved and of a rich caramel color, taking care not to scorch it. Stir in pecans and spread thinly in an unbuttered pan until cold. Crush brittle, mix thoroughly with whipped cream and serve in sherbet glasses topped with whole pecans.

Mrs. George Shank.

$\frac{1}{3}$ C. butter	1 C. chopped pecans	Patrician
1 C. sugar	Strawberry or raspberry	Washington
2 eggs	jam	Pie
$1\frac{1}{2}$ C. flour	$\frac{3}{4}$ C. heavy cream	
$1\frac{1}{2}$ t. baking powder	1 T. powdered sugar	
1 C. milk	$\frac{1}{2}$ t. vanilla	
1 t. vanilla	1 C. pecan halves	

Cream butter and sugar, add beaten egg yolks and beat for 5 minutes. Mix and sift flour and baking powder and add to first mixture alternately with milk. Add vanilla, chopped pecans, and fold in stiffly beaten egg whites. Bake in layers. When cold, put the layers together with a thick layer of strawberry or raspberry jam and cover the top with the sweetened and flavored whipped cream. Decorate with pecan halves.

W. Matic Jones.

800 PROVED PECAN RECIPES

**Jellied
Banana
Dessert**

1 T. gelatine	2 T. lemon juice
1 C. cold water	1 egg white
$\frac{1}{2}$ C. sugar	3 sliced bananas
$\frac{3}{4}$ C. orange juice	1 C. chopped pecans

Soak gelatine in $\frac{1}{4}$ C. of the cold water. Boil together the remaining $\frac{3}{4}$ C. water with the sugar. Pour over soaked gelatine. When cool, stir in fruit juices. When gelatine begins to set, beat 5 minutes, then add egg white, sliced bananas and pecans.

Cecelia Hahn.

**Pensacola
Pudding**

1 pt. double cream	9 lady fingers
1 $\frac{1}{2}$ doz. crystallized	$\frac{1}{2}$ small can grated
cherries	pineapple
	$\frac{1}{2}$ C. pecans

Whip cream until stiff, sweeten, and flavor. On bottom of plain mold, sprinkle half of cherries, then add $\frac{1}{2}$ of the whipped cream. Separate lady fingers and lay closely on the layer of cream. Sprinkle with pineapple, remaining cherries, pecans, and add rest of the whipped cream. Cover with oiled paper, and pack in ice and salt for 4 hours, using 3 parts of ice to 1 of salt. When frozen hard, turn out and slice.

Mrs. J. S. Scott.

**Pineapple
Cream**

4 slices of pineapple	8 marshmallows
$\frac{1}{2}$ C. grated pecans	$\frac{1}{2}$ pt. whipping cream
	Candied cherries

Cut pineapple in small pieces. Add pecans and chopped marshmallows. Whip cream and combine with other ingredients. Serve in sherbet glasses and top with candied cherries.

Leila M. Snyder.

PECAN DESSERTS

4 egg whites
1/2 C. sugar
1 T. gelatine
1/2 C. cold water

1/2 t. vanilla
1/2 C. grated pecans
4 slices pineapple
1/2 C. pecan halves

Whipped cream

Pineapple
Trifle

Beat egg whites until stiff, and add sugar slowly. Dissolve gelatine in cold water, let come to a boil, whip slowly into egg whites, and add vanilla and grated pecans. Pour into a square mold and chill thoroughly. When ready to serve, cut into blocks, serve each on a slice of pineapple with halves of pecans around it and whipped cream on top.

Mrs. Wm. M. Jones.

1/2 pt. heavy cream
1/4 lb. peppermint stick candy

1/2 C. chopped marshmallows
1/4 C. chopped pecans

Peppermint
Dainty

Whip cream until stiff. Add crushed candy, marshmallows, and pecans. Chill.

Mrs. P. P. Harper.

1 C. brown sugar
2 T. flour
1 t. salt
2 egg yolks

2 T. butter
1 1/2 C. milk
1 t. vanilla
1 C. chopped pecans

Sea Foam
Custard

Combine sugar, flour, salt, egg yolks, butter, and milk, and cook in double boiler until thick. When cool, add vanilla and pecans. Decorate the top with sea foam icing.

Icing

2 C. brown sugar
1 C. water

1 T. lemon juice
2 egg whites

Combine ingredients and boil without stirring until syrup reaches thread stage. Pour over stiffly beaten egg whites and beat until cool.

Mrs. W. T. Middleton.

800 PROVED PECAN RECIPES

Raspberry Flummery

1 pt. red raspberries $\frac{1}{2}$ C. chopped pecans
 $\frac{1}{2}$ pt. double cream

Crush raspberries lightly with a fork. Whip cream and add berries and nuts. Serve in sherbet glasses with a whole raspberry as a garnish.

Mrs. Leroy Brown.

Refrigerator Cake

1 C. butter 1 C. maraschino cherries
2 C. sugar Juice of 1 orange
2 eggs Juice of 1 lemon
1 C. chopped pecans 1 lb. lady fingers
 $\frac{1}{2}$ pt. whipped cream

Cream butter and sugar well and add the eggs one at a time. Add pecans, cherries, and fruit juice. Use a loose bottom cake pan. Line the sides of the pan with lady fingers, flat side next to the cake, and put a layer of lady fingers on the bottom of the pan. Spread $\frac{1}{2}$ of the mixture, another layer of lady fingers, then a layer of whipped cream. Repeat until the pan is filled. Set in a refrigerator for 24 hours. Turn out of mold, decorate the top with mounds of whipped cream, and dot with cherries and pecan halves. The same decoration may be used around the edge of the plate.

Mrs. N. H. Ragland.

Rice and Pineapple Cream

$\frac{1}{4}$ C. rice $\frac{1}{8}$ lb. marshmallows
 $\frac{1}{4}$ C. sugar $\frac{1}{2}$ C. grated pineapple
 $\frac{1}{4}$ t. salt $\frac{1}{2}$ C. whipped cream
 $\frac{1}{4}$ C. chopped pecans

Boil rice, drain, and add sugar, salt, and marshmallows. Stir until marshmallows are dissolved. Add pineapple. Set aside to cool. When ready to serve, add pecans, and whipped cream.

Mrs. W. H. Covell.

PECAN DESSERTS

4 apples
1 C. sugar
2 C. water

1 T. lemon juice
2 egg whites
Pecans

Porcupines

Make a syrup of the sugar, water, and lemon juice. When boiling, drop in apples, which have been cored and pared, and cook until tender. Remove from syrup, cover with well beaten egg whites slightly sweetened. Cut pecans lengthwise in sharp pieces, stick in the egg white with the ends sticking out. Put in oven and brown lightly.

Mrs. A. J. Allen.

½ C. sugar
2 C. whipped cream

½ C. chopped pecans
1 C. mashed strawberries

Strawberry
Fluff

Combine ingredients. Serve in sherbet glasses and garnish with whole strawberries and pecans.

Mrs. H. O. Davis.

1 C. sugar
1 C. flour
½ t. salt
3 t. baking powder

¾ C. hot milk
2 egg whites
Whipped cream
Marshmallows

Washington
Pie

Mix and sift dry ingredients 7 times. Add hot milk and beaten egg whites and bake in a moderate oven. When cold, split and fill with cooked custard. Top with whipped cream mixed with small pieces of marshmallows.

Custard

1½ C. milk
2 eggs
1 C. sugar

1 t. baking powder
½ t. vanilla
½ C. salted pecans

Mix milk, eggs, sugar, and baking powder and cook in double boiler until thick. When cool, add vanilla and pecans.

Mrs. M. S. Picard.

800 PROVED PECAN RECIPES

**Strawberry
Custard**

4 eggs	$\frac{1}{4}$ t. salt
1 C. milk	$\frac{1}{2}$ C. butter
$\frac{3}{4}$ C. sugar	1 C. sliced strawberries
	$\frac{1}{2}$ C. chopped pecans

Beat eggs until stiff. Add milk, sugar, salt, and butter. Cook in a double boiler and stir until thick. Remove from fire. When cool, add strawberries and half of pecans. Set on ice until chilled. Serve with whipped cream and sprinkle with pecans.

Mrs. George Wilson.

**Stuffed
Cantaloupe**

1 pt. cubed cantaloupe	12 cubed marshmallows
2 cubed oranges	1 C. heavy cream
$\frac{1}{2}$ C. chopped pecans	$\frac{1}{4}$ C. sugar
	$\frac{1}{2}$ t. vanilla

Mix fruit, nuts and marshmallows. Fold in the cream beaten stiff and sweetened and flavored with vanilla. Serve in cantaloupe shells. Garnish with bits of bright jelly.

Mrs. Grace L. Kendrick.

PECAN DESSERTS

1½ C. apricot pulp	1 t. vanilla	
½ C. powdered sugar	½ C. chopped pecans	Apricot
1½ C. whipped cream		Velvet

Mix apricot pulp, sugar, vanilla, and pecans, and fold in whipped cream. Pour in mold, cover, and pack in 3 parts cracked ice to 1 part rock salt for 4 hours.

Mrs. Mina Lowman.

1 C. heavy cream	1 C. milk	Banana
1½ bananas	½ C. sugar	Ice Cream
1 T. lemon juice	¼ C. chopped pecans	

Whip cream, add mashed bananas, lemon juice, milk, and sugar. Mix well and when it begins to freeze, add pecans.

Mrs. W. E. Rowe.

¼ C. sugar	1 egg yolk	Caramel
1 pt. scalded cream	¼ C. chopped pecans	Ice Cream
¼ C. glazed cherries		

Caramelize sugar and dissolve in scalded cream. Cool and add egg yolk. When partly frozen, add pecans and cherries cut in small pieces.

Mrs. R. T. Wallace.

⅔ C. sugar	1 C. double cream	Cherry
⅛ t. salt	½ T. vanilla	Ice Cream
½ egg	3 T. chopped pecans	
1 C. hot milk	¼ C. maraschino cherries	

Mix sugar, salt, beaten egg, and milk. Cook in double boiler 20 minutes. When cool, add cream, and flavoring, and strain. Add cherries and pecans and freeze.

Esther Drix.

800 PROVED PECAN RECIPES

Banana Mousse

1 pt. heavy cream	$\frac{1}{4}$ lb. marshmallows
1 $\frac{1}{2}$ T. orange juice	$\frac{1}{2}$ C. sliced bananas
$\frac{1}{4}$ C. sugar	$\frac{1}{4}$ C. chopped pecans

Whip cream until stiff. Add orange juice, sugar, chopped marshmallows, bananas, and pecans. Put in wet mold and pack in equal parts of salt and ice, and let stand 4 to 5 hours.

Josephine Edwards.

Baked Alaska

3 egg whites	$\frac{1}{2}$ C. grated pecans
3 T. powdered sugar	Sponge cake
$\frac{1}{2}$ t. vanilla	1 qt. vanilla brick ice cream

Beat egg whites until stiff. Add sugar gradually. Fold in vanilla and pecans. Cover a clean white board with white paper, place sponge cake on paper, and turn ice cream brick on to cake, having cake extend $\frac{1}{4}$ inch beyond the cream. Cover cream with meringue mixture and spread it smoothly over ice cream. Place board on grate of a hot oven and brown meringue very quickly. Slip cake from paper and board to serving dish and serve at once.

W. Matic Jones.

Bisque Ice Cream

2 C. scalded milk	$\frac{1}{4}$ t. salt
3 egg yolks	$\frac{2}{3}$ C. chopped pecans
1 C. sugar	1 C. heavy cream
	$\frac{3}{4}$ T. vanilla

Make custard of milk, egg yolks, $\frac{1}{3}$ C. sugar, and salt. Caramelize remainder of sugar, add pecans, and turn into buttered pan. Cool, pound, and pass through sieve. Add to custard, cool, and add whipped cream and vanilla. Freeze.

Eva Lind.

PECAN DESSERTS

2 cantaloupes	Peaches or pineapple	Cantaloupe
Pecan halves	Ice cream	Sundae
	Chopped pecans	

Chill halves of small cantaloupes. Stick sliced pecan halves around the edge, forming a fence. Put half a peach or, if melon is large, a slice of pineapple in center, add a scoop of ice cream, and sprinkle with chopped pecans.

Mrs. A. C. McFadden.

1 C. water	2 T. orange juice	Canton
$\frac{1}{4}$ C. sugar	$\frac{1}{4}$ C. maraschino cherries	Sherbet
$\frac{1}{8}$ C. chopped preserved ginger	$\frac{1}{4}$ C. whipped cream	
1 T. lemon juice	1 T. powdered sugar	
	4 T. grated pecans	
	Pecan halves	

Boil water, sugar, and ginger together 10 minutes. Cool, add fruit juices and freeze slowly. When the mixture begins to congeal, stir in cherries, pecans, and whipped cream to which powdered sugar has been added. Continue to freeze until firm and smooth. Decorate with pecan halves.

Mrs. A. B. Mathews.

$\frac{1}{2}$ C. sugar	1 C. whipped cream	Cherry
$\frac{1}{2}$ C. water	$\frac{1}{2}$ C. candied cherries	Mousse
1 $\frac{1}{2}$ egg whites	$\frac{1}{4}$ C. chopped pecans	
	$\frac{1}{2}$ t. almond flavoring	

Cook sugar and water until it threads. Pour slowly over stiffly beaten egg whites. When cold, fold in whipped cream, candied cherries, pecans, and almond flavoring. Mold, and pack in ice and salt 5 hours.

Mrs. Henry W. Slack.

800 PROVED PECAN RECIPES

Chocolate Mousse

2 eggs	$\frac{1}{2}$ t. vanilla
$\frac{1}{3}$ C. sugar	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ C. grated chocolate	$\frac{1}{4}$ C. grated pecans
1 C. heavy cream	

Beat egg yolks until light, add sugar, chocolate, vanilla, salt, and pecans. Fold in whipped cream and stiffly beaten egg whites. Mold, pack in ice and salt, and let stand 4 hours, and serve.

Mrs. I. M. Aiken.

Chocolate Ice Cream

$\frac{1}{2}$ C. sugar	1 C. thin cream
$\frac{1}{2}$ T. flour	$1\frac{1}{2}$ sq. melted chocolate
$\frac{1}{8}$ t. salt	$\frac{1}{2}$ T. vanilla
1 egg	1 C. grated pecans
$1\frac{1}{2}$ C. whipped cream	

Add sugar, flour, and salt to slightly beaten egg. Add this to thin cream and cook in a double boiler until mixture thickens. Add melted chocolate and when cool, add whipped cream, vanilla, and pecans. Freeze.

Mrs. L. B. Somers.

Chocolate Fruit Ice Cream

2 eggs	2 T. chopped dates
$\frac{1}{2}$ C. sugar	2 T. chopped candied
1 C. milk	cherries
$\frac{1}{2}$ oz. sweet chocolate	2 T. raisins
$\frac{1}{2}$ C. whipped cream	$\frac{1}{2}$ C. chopped pecans
$\frac{1}{2}$ t. vanilla	

Beat yolks of eggs and add sugar. Gradually add to scalded milk. Add melted chocolate and cook in double boiler until mixture coats a silver spoon. Remove from fire, add stiffly beaten egg whites, and when cold add whipped cream, fruit, nuts, and vanilla. Freeze.

Mrs. L. B. Dobie.

PECAN DESSERTS

1 C. milk	4 T. caramelized sugar	Caramel
2/3 C. sugar	1 egg	Bisque
1/2 T. flour	2 C. cream	
1/4 t. salt	3/4 t. vanilla	Ice Cream
	1/4 C. chopped pecans	

Scald milk in double boiler. Add sugar, flour, salt, and cook 20 minutes. Caramelize 4 T. sugar and add to hot milk. Beat egg slightly, add thickened milk, and cook 1 minute. Let cool and add cream and vanilla. Strain, add pecans, and freeze.

Mrs. R. D. Carse.

1 pt. cranberries	Sugar	Christmas
	2 C. chopped pecans	Frappé

Cook cranberries, strain, and add sugar cup for cup, and pecans. Freeze in moulds.

Mrs. W. C. Grainfort.

1 C. heavy cream	1 C. milk	Coffee
2 eggs	1 C. strong coffee	Ice Cream
1 C. sugar	1/4 C. chopped pecans	

Beat cream, eggs and sugar together. Add milk, coffee and pecans, and freeze.

Mrs. Ray E. Laralette.

1 qt. milk	1 t. almond extract	French
1 C. sugar	1 t. rose extract	Ice Cream
4 eggs	1 C. chopped pecans	

Scald milk, add sugar and eggs and cook until thick. When cold, flavor custard, add pecans, and freeze.

Martha Moore.

800 PROVED PECAN RECIPES

Date Ice Cream	1 pt. milk 1/2 C. cream 1/2 C. sugar	1/2 pkg. chopped dates 1/8 t. salt 1/4 C. chopped pecans
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Combine ingredients and freeze.

Mrs. Grace B. Lang.

Fruit Ice Cream	1 1/2 C. sugar 2 C. cream 1 T. cornstarch 2 C. milk	1/2 T. vanilla 6 maraschino cherries 1/4 grated orange rind 1/2 C. chopped pecans
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Melt sugar. When slightly brown, add cornstarch mixed with 1/2 C. cream. When cornstarch has cooked, add rest of cream. Cool and add other ingredients. Freeze.

Ethel Harmon.

Fruit Milk Sherbet	1 fresh or canned peach 1 orange 1 lemon	1/4 bottle red cherries 3/4 C. sugar 2 C. milk 1/4 C. chopped pecans
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Cut fruits and nuts fine and add sugar, milk and pecans. Freeze.

Grace McKeand.

Golden Ice Cream	1 C. sugar 1/2 C. water 1/2 C. grated pineapple 1/2 C. chopped apricots	Juice of 1 orange 2 C. chopped pecans 1 qt. milk 1/2 T. flour 1 T. Milk
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Boil sugar and water for 5 minutes. Add fruit and nuts. Scald milk, add flour, moistened with milk, combine with first mixture, cool and freeze.

Mrs. J. P. Wheat.

PECAN DESSERTS

1 qt. milk	$\frac{1}{2}$ T. vanilla or cherry juice	Marshmallow
$\frac{1}{8}$ t. salt	$\frac{2}{3}$ C. cream	Ice Cream
2 eggs	$\frac{2}{3}$ C. chopped pecans	
$\frac{2}{3}$ C. sugar	$\frac{1}{3}$ bottle maraschino cherries	
$\frac{2}{3}$ T. flour	$\frac{1}{3}$ box marshmallows	

Add salt to milk and scald in double boiler. Beat eggs until stiff, then beat sugar in. Dissolve flour in milk and add to egg mixture. Stir into scalded milk and stir constantly until thick. Cool, add flavoring, and freeze. When it starts to freeze, add well beaten cream, pecans, cherries, and chopped marshmallows.

Mrs. James Richard Stack.

3 eggs	$1\frac{1}{2}$ C. heavy cream	Maple
$\frac{2}{3}$ C. hot maple syrup	$\frac{1}{2}$ C. chopped pecans	Parfait

Beat eggs slightly and add maple syrup slowly. Cook until mixture thickens, cool, and add stiffly beaten cream and chopped pecans. Mold, pack in salt and ice, and let stand $3\frac{1}{2}$ hours.

Elizabeth C. Williams.

1 can condensed milk	1 C. heavy cream	Lemon
1 C. milk	3 egg whites	Ice Cream
3 lemons	$\frac{1}{4}$ t. salt	
1 C. sugar	$\frac{1}{2}$ C. grated pecans	

Combine condensed milk and milk and bring to boiling point. Chill. Slice lemons, sprinkle with half the sugar, let stand 1 hour, then squeeze. Add remainder of sugar and stir until dissolved. Add to milk. Add whipped cream, stiffly beaten egg whites, salt, and pecans. Freeze slowly, pack, and let stand 1 hour before serving.

Mrs. G. E. Lehman.

800 PROVED PECAN RECIPES

Marshmallow Mousse	1 pt. cream 1 lb. marshmallows 1 C. chopped pecans	1 C. cubed pineapple 1 C. white grapes
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Pour cream over marshmallows. Let stand 4 hours. Whip with an egg beater until smooth. Add drained pineapple, seeded grapes and pecans, and pack in ice until ready to serve. Sprinkle with pecans before serving.

Mrs. Tom Teaman.

Fruit Sherbet	1½ oranges 1½ lemons 1½ bananas 1 C. grated pineapple	2 C. water 1½ C. sugar ½ C. chopped pecans
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Chop fruit, add water, sugar, and pecans, and freeze.

Mrs. O. Brogden.

Maple Ice Cream	½ C. maple syrup 1 egg yolk ½ C. chopped pecans	1 C. whipped cream ½ C. milk
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Let maple syrup come to a boil. Pour slowly over well beaten egg yolk and cook slowly until thick. When cool, add to whipped cream. Add milk. When it begins to freeze, add pecans.

Mrs. W. E. Rowe.

Tutti Frutti Ice Cream	1 egg ½ C. sugar ½ pt. cream ½ pt. milk ½ t. vanilla	¼ C. grated pecans ¼ C. chopped fruit, candied cherries, pineapple, and peels
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Beat egg well, add sugar and cream. Stir constantly until it is all well blended. Add milk, vanilla, pecans, and fruit. Freeze and pack.

Mrs. Roy E. Poland.

PECAN DESSERTS

1 C. heavy cream	$\frac{1}{4}$ t. salt	
2 T. powdered sugar	$\frac{1}{4}$ lb. marshmallows	Marshmallow
1 t. vanilla	$\frac{1}{4}$ C. maraschino cherries	Parfait
	$\frac{1}{2}$ C. chopped pecans	

Beat cream until stiff. Add sugar, vanilla, and salt. Cut marshmallows and cherries into small pieces and add. Turn into a mold and chill thoroughly.

Alma Horton.

1 C. cream	$\frac{1}{4}$ can grated pineapple	Pineapple
$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ C. sugar	Ice Cream
Juice and grated rind of $\frac{1}{2}$ lemon	1 C. chopped pecans	

Combine cream and sugar and freeze. When nearly frozen, add lemon, pineapple, $\frac{1}{4}$ C. sugar, and pecans. Finish freezing.

Mrs. Isabel Keller.

$\frac{3}{4}$ C. sugar	2 T. lemon juice	Pineapple Ice
$\frac{1}{2}$ C. hot water	1 C. crushed pineapple	
$\frac{1}{2}$ C. cold water	$\frac{1}{2}$ C. chopped pecans	

Mix sugar and hot water and boil until the syrup spins a thread. Add cold water, lemon juice, pineapple, and pecans. Freeze.

Mrs. F. E. Hartstuff.

1 qt. watermelon pulp and juice	$\frac{1}{4}$ lemon	Watermelon
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. grated pecans	Sherbet
	1 egg white	

Add sugar, lemon juice, and pecans to watermelon. Partially freeze, and stir in stiffly beaten egg white. Finish freezing.

Icel Alward.

800 PROVED PECAN RECIPES

**Peach
Ice Cream**

7 peaches	2 T. grated cocoanut
1 C. powdered sugar	½ C. grated pecans
1 T. lemon juice	3 egg whites
	1 C. whipped cream

Cut peaches in slices, mash, and pass through a sieve. Add powdered sugar, lemon juice, cocoanut, and pecans. Chill for several hours. Fold in stiffly beaten egg whites and freeze slowly. When mixture begins to congeal, add whipped cream.

Mrs. E. M. Drake.

**Raisin
Ice Cream**

½ C. raisins	1 C. heavy cream
½ C. grated pecans	1 pt. milk
¼ C. orange juice	½ C. sugar
	1 t. vanilla

Put raisins through food chopper, combine with pecans, and add orange juice. Combine with cream, milk, sugar and vanilla, and freeze.

Mrs. B. W. LaHeist.

**Strawberry
Ice**

1 pt. strawberries	1½ egg whites
1 C. sugar	¼ C. chopped pecans

Crush strawberries, add sugar, unbeaten egg whites, and pecans. Freeze.

Mrs. D. S. Weeks.

**Strawberry
Ice Cream**

1 pt. strawberries	½ C. milk
1 C. sugar	1¼ C. heavy cream
	½ C. chopped pecans

Mash berries and press through sieve. Add sugar and let stand 1 hour. Mix with milk and whipped cream, add pecans, and freeze.

Edna May Ewert.

PECAN DESSERTS

1½ C. thick cream 1 C. chopped pineapple
½ C. powdered sugar Vanilla ice cream
 ½ C. chopped pecans

Pineapple
Parfait

Whip cream until stiff and add sugar. Chill and fold in pineapple. Put rounds of vanilla ice cream in parfait glasses and fill with pineapple mixture. Sprinkle with chopped pecans and serve.

Mrs. E. M. Drake.

½ C. grape jelly 1 C. heavy cream
1 T. lemon juice ¼ C. grated pecans

Grape Sauce

Mix jelly and lemon juice; add to cream, and whip stiff. Add pecans and serve with ice cream.

Mrs. Grace L. Kendrick.

¾ C. maple syrup ¼ C. heavy cream
2 T. butter ¼ C. chopped pecans

Maple
Cream Sauce

Boil syrup and butter to 232° F. or until it forms a soft ball. Remove from fire and add cream slowly. Add pecans and serve hot.

Mrs. Feroe C. Remer.

2 sq. chocolate 1 ¼ C. sugar
2 T. butter 1 t. vanilla
2 C. milk ¾ C. chopped pecans

Chocolate
Sauce

Melt chocolate with butter. Slowly add milk, sugar and vanilla. Beat. Add pecans and serve hot with ice cream or pudding.

Rebecca J. Slaymaker.

800 PROVED PECAN RECIPES

Fruit Sauce

2 oranges	$\frac{1}{2}$ C. cherries
$\frac{1}{2}$ lemon	$\frac{1}{2}$ C. powdered sugar
$\frac{1}{2}$ C. shredded pineapple	1 pt. red raspberries
	1 C. chopped pecans

Mix the oranges, lemon, pineapple, cherries, and sugar together and chill a half day. When ready to serve, add the nuts and berries. Serve with ice cream.

H. S. Boyd.

Maple Sauce

1 pt. maple syrup	1 C. chopped pecans
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Bring maple syrup to boiling point, and add pecans. Serve hot over ice cream, preferably vanilla.

Mrs. G. W. Divelle.

Chocolate Pudding

$\frac{1}{2}$ C. cocoa	2 C. milk
1 C. sugar	$\frac{1}{4}$ t. salt
1 C. bread crumbs	1 t. grated lemon rind
2 egg yolks	$\frac{1}{2}$ C. grated pecans

Mix cocoa, sugar, and bread crumbs together and place in a moderate oven until dry. Beat egg yolks until light, add milk, salt, lemon rind, and pecans, and combine with first mixture. Bake in greased pan in a moderate oven 30 minutes.

Anna Belle Booth.

Apple Glacé

3 apples	2 eggs
4 T. butter	$\frac{1}{2}$ C. sugar
$\frac{1}{2}$ C. raisins	1 $\frac{1}{2}$ T. cold water
$\frac{1}{2}$ C. chopped pecans	$\frac{3}{4}$ C. flour
$\frac{1}{2}$ C. brown sugar	1 t. baking powder

Melt butter in an aluminum pan. Peel apples and cut in eighths. Lay in rows in pan. Cook in butter until tender. Sprinkle with raisins, nuts,

PECAN DESSERTS

and brown sugar and cook until sugar dissolves. Cool. Cover with spongecake batter and bake in moderate oven. Serve with whipped cream.

Batter

Beat yolks of eggs, add sugar, water, and flour mixed and sifted with the dry ingredients. Fold in stiffly beaten egg whites.

Mrs. L. J. Smith.

2 C. milk	2 eggs	Banana Custard
$\frac{1}{4}$ C. sugar	$\frac{1}{4}$ t. vanilla	
$\frac{1}{4}$ C. flour	$\frac{1}{3}$ C. chopped pecans	
$\frac{1}{4}$ t. salt	$\frac{1}{4}$ lb. vanilla wafers	

3 bananas

Scald milk in double boiler, add sugar mixed with flour, and salt. Stir and cook until thick, cover and cook 15 minutes. Add egg yolks slightly beaten and cook 2 minutes longer. Remove from fire and beat into the well beaten egg whites. When cool, flavor with vanilla and add pecans. Arrange in alternate layers of wafers, sliced bananas, and custard. Serve with or without whipped cream.

Mrs. E. L. Stodghill.

1 C. stale bread crumbs	1 T. butter	Bread Pudding
2 C. milk	Rind of $\frac{1}{2}$ lemon	
2 eggs	$\frac{1}{2}$ C. raisins	
	$\frac{1}{2}$ C. chopped pecans	

Combine bread crumbs, milk, egg yolks, butter, lemon rind, raisins, and pecans. Bake. Cover with a meringue made from the egg whites and return to oven to brown. Serve with lemon sauce.

Mrs. Maude Woolley.

800 PROVED PECAN RECIPES

**Cherry
Batter
Pudding**

1 T. butter	1 C. cherries
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. grated pecans
$\frac{1}{2}$ C. water	1 C. flour
	1 t. baking powder

Melt butter, add sugar, water, cherries, pecans, and flour sifted with baking powder. Bake in a moderate oven, and serve with sugar and cream.

Mrs. F. M. Musselman.

Apple Pudding

2 C. flour	Milk
$\frac{1}{2}$ t. salt	2 C. chopped apples
4 t. baking powder	$\frac{1}{3}$ C. sugar
4 T. sugar	$\frac{3}{4}$ C. chopped pecans
4 T. shortening	1 t. cinnamon

Mix and sift first 4 ingredients. Cut in shortening, and add milk enough to make a soft batter. Combine apples, sugar, pecans and cinnamon, and add to batter. Bake slowly in buttered pan until brown. Slice and serve with a hot sauce, cream, or ice cream.

Mrs. H. A. Hobble.

**Rhubarb
Batter
Pudding**

$\frac{1}{4}$ C. butter	$\frac{1}{2}$ C. milk
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. chopped pecans
1 egg	1 $\frac{1}{2}$ qts. chopped rhubarb
1 $\frac{1}{2}$ C. flour	1 C. sugar
2 $\frac{1}{2}$ t. baking powder	1 C. light brown sugar
	1 T. butter

Cream butter and sugar, add well beaten egg, mixed and sifted dry ingredients, milk, and pecans. Place rhubarb and sugar in a pan, pour batter over the mixture and bake. Turn out on a large platter. Cream the brown sugar and butter and spread over the top.

Mrs. Mae E. Buckner.

PECAN DESSERTS

$\frac{1}{2}$ lb. dates	1 C. dry bread crumbs	Date Pudding
1 C. chopped pecans	$\frac{1}{2}$ C. powdered sugar	
3 eggs		

Cut dates into small pieces. Add pecans, and mix with bread crumbs and powdered sugar. Add egg yolks and beat together until light. Add stiffly beaten egg whites. Pour into a glass baking dish and bake in hot oven 15 minutes. Serve with Snowflake Sauce.

Snowflake Sauce

$\frac{1}{2}$ lb. butter	1 C. heavy cream
1 C. powdered sugar	Grated lemon rind
Few drops of lemon juice	

Cream butter with sugar and add cream gradually. Flavor with lemon rind and juice. Keep sauce on ice until ready to use.

Mrs. E. L. Boyd.

1 qt. milk	1 t. grated nutmeg	Rice Pudding
1 C. cooked rice	$\frac{1}{2}$ C. chopped pecans	
2 eggs	$\frac{1}{2}$ C. raisins	
4 T. sugar		

Heat milk very hot. Stir in rice, eggs, nutmeg, pecans, raisins, and sugar. Bake in a moderate oven.

Mrs. Pearl Oleslager.

1 C. cooked chopped prunes	1 t. vanilla	Prune
$\frac{1}{2}$ C. sugar	1 T. melted butter	Pudding
1 C. chopped pecans	$\frac{1}{2}$ C. dried bread crumbs	
$\frac{1}{2}$ C. milk or prune juice	1 t. baking powder	
	$\frac{1}{4}$ t. salt	

Mix ingredients, pour into buttered baking dish, and place in pan of boiling water. Bake in moderate oven until firm. Serve hot or cold with plain or whipped cream.

Pritchett Harrison.

800 PROVED PECAN RECIPES

**Orange
Pudding**

$\frac{1}{2}$ C. bread crumbs	3 T. sugar
1 T. butter	1 orange, juice and grated
1 C. scalded milk	rind
1 egg yolk	$\frac{1}{2}$ C. grated pecans

Add bread crumbs and butter to scalded milk and soak for 30 minutes. Add egg yolk beaten with sugar, orange juice, and rind. Add pecans, pour into a buttered casserole, and bake in a moderate oven until firm. Serve with orange puff sauce.

Orange Puff Sauce

1 egg white	$\frac{1}{2}$ orange, juice and grated
$\frac{1}{8}$ t. salt	rind
$\frac{1}{3}$ C. powdered sugar	$\frac{1}{2}$ lemon, juice

Beat egg white and salt together until very stiff. Add sugar slowly, beating constantly, add grated rind and juice of orange and juice of lemon.

Mrs. Wm. M. Jones.

**Steamed
Chocolate
Pudding**

$\frac{1}{2}$ C. sugar	1 C. flour
1 T. butter	1 t. baking powder
1 egg	1 t. vanilla
1 sq. melted chocolate	$\frac{1}{2}$ C. chopped pecans
$\frac{1}{2}$ C. milk	Whipped cream

Cream sugar and butter, add well beaten egg, chocolate, milk, sifted dry ingredients, vanilla, and pecans. Pour into greased covered tin and steam 2 hours. Serve with whipped cream.

Mrs. Arthur G. Low.

Snow Balls

$\frac{1}{4}$ C. butter	$1\frac{1}{8}$ C. flour
$\frac{1}{2}$ C. sugar	1 t. baking powder
$\frac{1}{4}$ C. milk	2 egg whites

Cream butter and sugar, add milk, and flour mixed and sifted with baking powder. Fold in

PECAN DESSERTS

stiffly beaten egg whites. Steam in buttered cups 35 minutes. Serve hot or cold with chocolate sauce.

Chocolate Sauce

1 sq. chocolate	1 egg yolk
1 C. powdered sugar	$\frac{1}{2}$ t. vanilla
2 $\frac{1}{2}$ T. milk	$\frac{1}{2}$ C. chopped pecans

Melt chocolate over hot water. Add $\frac{1}{2}$ C. sugar and milk. Add remaining sugar and egg yolk. Cook in a double boiler until it thickens. Remove from fire, add vanilla and pecans. Serve hot or cold.

Mrs. Robert E. Woodward.

2 C. stale bread crumbs	$\frac{1}{2}$ C. butter	New England
$\frac{3}{4}$ t. salt	2 T. grape juice	Steamed
$\frac{1}{2}$ t. cinnamon	$\frac{1}{2}$ C. chopped figs	Plum Pudding
$\frac{1}{4}$ t. nutmeg	$\frac{3}{4}$ C. raisins	
$\frac{1}{4}$ t. cloves	$\frac{1}{2}$ C. candied cherries	
$\frac{1}{2}$ C. hot milk	$\frac{1}{2}$ C. citron	
2 eggs	$\frac{1}{2}$ C. currants	
$\frac{1}{4}$ C. sugar	$\frac{1}{2}$ C. chopped pecans	

Mix bread crumbs with salt and spices, add hot milk and let stand until cool. Beat eggs, and add sugar and butter. Mix well, add bread crumbs with milk and grape juice. Add fruits and nuts. Pour into covered mold and steam 6 hours. Serve with hard sauce.

Hard Sauce

3 T. butter	1 T. boiling water
1 C. powdered sugar	$\frac{1}{4}$ t. vanilla
	$\frac{1}{4}$ t. lemon flavoring

Cream butter and sugar until light. Add boiling water, beating constantly. Add flavoring and cool on ice.

Nell Dooley.

800 PROVED PECAN RECIPES

Lemon Bread Pudding	1 C. soft bread crumbs 2 C. scalded milk 1 C. chopped pecans ½ t. salt 2 egg yolks	¾ C. sugar 1 lemon (juice and grated rind) 2 egg whites Cream or fruit sauce
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Mix first 7 ingredients. When well blended, cut and fold in the stiffly beaten egg whites. Pour into individual molds and bake 20 to 30 minutes. Serve hot with cream or fruit sauce.

E. Leutemann.

Steamed Carrot Pudding	¼ C. grated carrots ¼ C. grated potatoes ¼ C. sugar ¼ C. molasses ¼ C. seedless raisins ¼ C. seeded raisins ¼ t. cinnamon	¼ t. cloves ⅛ t. ginger ¼ t. baking powder ⅛ t. soda ½ T. butter ¼ C. chopped pecans Flour
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Combine ingredients and add enough flour to make a stiff batter. Steam 3 hours and serve with cream or sauce.

Mrs. Ida C. Macfarlane.

Peach Cobbler	6 ripe peaches ½ C. sugar ½ C. chopped pecans 1 egg	2 T. sugar ¼ t. salt 1 t. baking powder 1 C. flour ⅓ C. milk
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Peel and slice peaches. Butter baking dish and place peaches in bottom. Sprinkle with sugar and pecans. Cover with a batter made of the remaining ingredients. Bake 40 minutes in a moderate oven. Serve hot or cold with cream.

Mrs. D. A. Drake.

PECAN DESSERTS

1 T. butter	$\frac{1}{4}$ t. salt
1 C. sugar	1 t. baking powder
1 egg	1 C. milk
1 $\frac{1}{2}$ C. flour	1 C. grated pecans
	2 C. cherries

Steamed
Cherry
Pudding

Cream butter and sugar and add beaten egg. Mix and sift dry ingredients and add alternately with the milk. Add pecans and cherries. Steam 2 $\frac{1}{2}$ hours. Serve warm with cherry sauce.

Cherry Sauce

1 C. cherry juice	$\frac{3}{4}$ C. sugar
1 C. water	2 T. flour
	Cold water

Bring first 3 ingredients to a boil. Thicken with flour rubbed smooth with a little cold water.

Mrs. Wm. M. Jones.

2 eggs	$\frac{1}{2}$ t. soda
1 C. brown sugar	1 t. baking powder
$\frac{1}{2}$ C. flour	$\frac{3}{4}$ C. chopped pecans
	$\frac{1}{2}$ package dates

Steamed
Date Pudding

Beat eggs slightly. Add sugar gradually, sifted dry ingredients, nuts, and chopped dates. Steam 1 hour. Serve with a brown sauce.

Mrs. George Fogel.

2 C. flour	1 egg
2 t. baking powder	1 C. milk
1 t. salt	2 C. cooked prunes
	1 C. chopped pecans

Steamed
Prune
Pudding

Sift together flour, baking powder and salt. Add well beaten egg and milk. Fold in chopped prunes and add pecans. Steam 2 hours. Serve with hard sauce.

Mrs. A. K. Presoda.

800 PROVED PECAN RECIPES

**Tapioca
Pudding**

$\frac{1}{4}$ C. pearl tapioca	1 sliced banana
1 C. grated pineapple	Sugar
2 cubed oranges	Grated pecans
	Whipped cream

Soak tapioca over night in cold water. Cook in a double boiler. Mix fruit together and add sugar to taste. Blend fruit juice and warm tapioca. Add fruit. Fill sherbet glasses with pudding and put in a cool place. Just before serving, sprinkle with pecans and whipped cream.

Ella Helena Chase.

**Tutti Frutti
Pudding**

2 eggs	1 C. bread or cake, diced
1 C. sugar	3 sliced bananas
2 C. scalded milk	1 C. chopped pineapple
	1 C. chopped pecans

Mix beaten eggs with sugar and add scalded milk gradually. Put bread, bananas, pineapple, and pecans in a pudding dish. Pour the first mixture over them. Set in a pan of water and bake in a moderate oven 45 minutes. Serve with a sauce.

Mrs. Francis C. Williams.

CHAPTER IX

PECAN ENTREES

SOUFFLÉ

CROQUETTES

LOAF ENTREES

PANNED ENTREES

EGG DISHES

*“New dishes beget
new appetite.”*



PECAN AND ASPARAGUS ENTREE



CASSEROLE OF RICE
WITH PECANS

GOLDEN ROD
OMELET WITH
PECANS



PECAN ENTREES

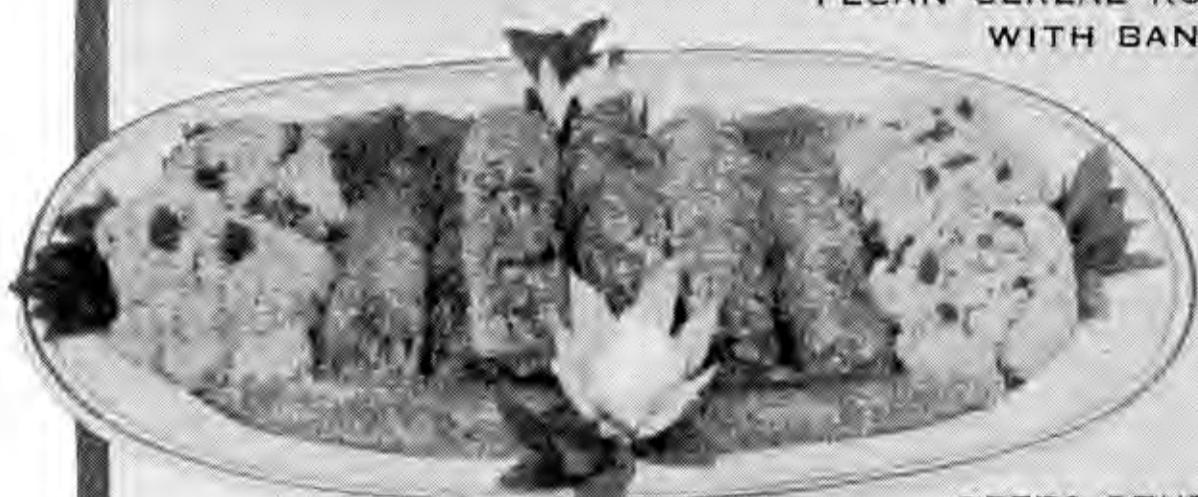


CREAMED CELERY
AND PECANS
IN CROUSTADES

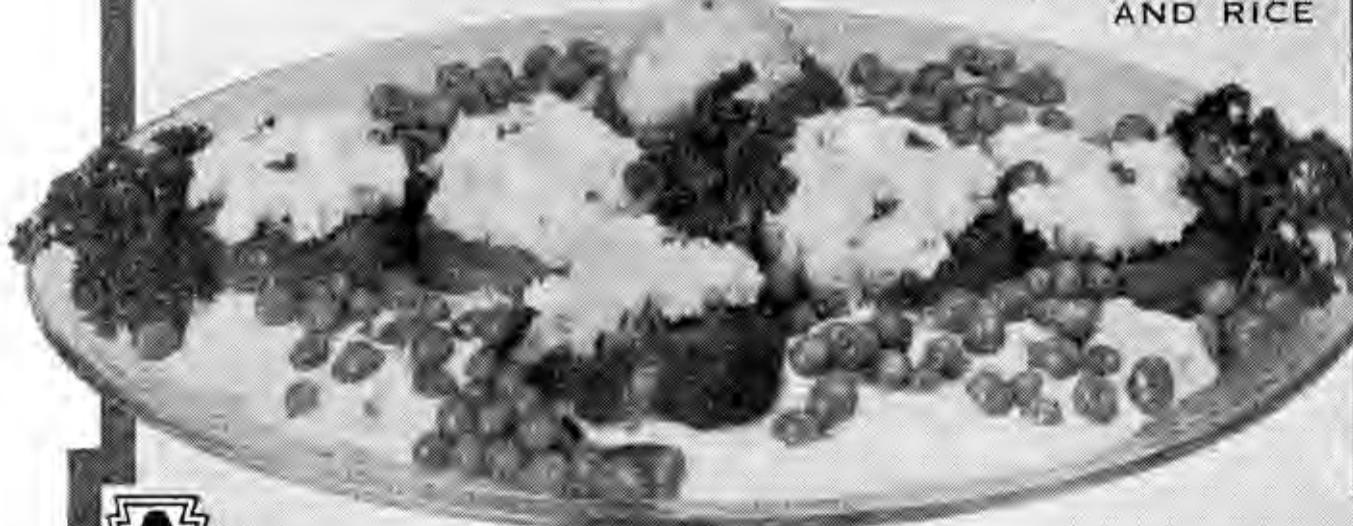


PECAN AND
LIMA BEAN CAKES

PECAN CEREAL ROLLS
WITH BANANA



BEETS STUFFED
WITH PECANS
AND RICE



PECAN ENTREES



How the
Word
"Entree"
has
Changed

CHAPTER IX

Pecan Entrees

The changed meaning of the word "entree" is in itself one of those straws which show which way the wind is blowing—in the direction of the low protein diet. For the term "entree" originally meant the dish prefacing or preceding the main course, and in this sense still applies in formal dinners. But this prefacing dish was usually high in protein content; and the main dish was generally high in protein—is it any wonder that the insurance companies came to fear kidney diseases and excess protein ailments worse than they feared tuberculosis?

But now, in leading hotels, the term "entrees" appears above the main protein dishes offered on their menus. Seldom does one order an entree and follow it by a beefsteak dinner, as in the olden days. A change which is for the better, especially if the entree is a combination containing a proper balance of protein and fat, such as pecans impart.

Since it is the almost universal custom to build the meal around a central dish, why not use as that central dish one of the pecan entrees which follow? The pecan contains protein aplenty (11%) and protein of a superior character, as we have seen in Chapter II.

Since peas, beans, milk, eggs, cheese, cereals, etc., all contain protein in varying proportion, we need have no fear of a lack of this tissue-building, tissue-repairing material.

The Main
Protein
Dish,
around
which
the Meal
is Built

Pecans contain fats—or oil—of the most palatable, most easily assimilated type; and are so rich in these fats that no other source of fat need be provided in the diet. Another advantage of these pecan entrees, with their finely flaked pecan particles, is the laxative effect of the pecan fat.

The question, “What shall we eat?” revolves most frequently around the main dish of the meal. When you answer that question with a pecan entree from the following pages, you not only simplify the meal planning and provide something different, but you also assure a proper balance of protein and fat, the needed content of mineral salts, and a vitamin content of the most desirable type.

In Chapter XIV, on Menus, you will find suggestions for the use of these entrees in such a manner that they suggest a food balance calculated to maintain good health for the whole family.

PECAN ENTREES

1 $\frac{1}{2}$ C. cracker crumbs	2 T. butter	
1 C. asparagus tips	2 C. milk	
$\frac{1}{2}$ C. grated pecans	1 t. salt	
4 T. flour	1 C. grated cheese	

**Asparagus
Entree**

Cut asparagus tips in two and combine with cracker crumbs and pecans. Make white sauce, melt butter and add flour and salt, add heated milk and liquid from asparagus and stir until smooth. Add grated cheese and remove from heat as soon as cheese is well blended with sauce. Pour sauce over dry ingredients. Bake in buttered casserole or ramekins, in slow oven until browned.

Columbus Whatley.

1 egg plant	2 T. butter	
$\frac{3}{4}$ C. bread crumbs	1 t. salt	
2 eggs	$\frac{3}{4}$ C. chopped pecans	

**Baked
Egg Plant**

Pare and dice egg plant, soak in cold water and cook until tender. Drain and mash. Add remainder of ingredients. Bake in a buttered baking dish until brown.

Mrs. K. Archer.

$\frac{1}{2}$ C. milk	$\frac{1}{4}$ t. salt	
$\frac{2}{3}$ C. flour	$\frac{1}{2}$ C. grated pecans	
1 t. melted Crisco	1 bunch asparagus	
1 egg	2 eggs	

Parsley

**Asparagus
Tips in
Timbale Cases**

Combine first 6 ingredients and beat smooth with egg beater. Heat timbale iron in deep Crisco, dip in batter, return to hot Crisco, cook until brown, remove, and drain. Fill with creamed asparagus tips, put spoonful scrambled eggs on top, and sprinkle with chopped parsley.

800 PROVED PECAN RECIPES

**Baked Cereal
and Cheese**

1 C. cooked cereal	1 $\frac{1}{2}$ T. lemon juice
1 C. grated cheese	$\frac{1}{2}$ t. Worcestershire Sauce
$\frac{1}{2}$ C. milk	$\frac{1}{4}$ t. paprika
1 t. sugar	1 T. chopped onion
1 t. salt	1 T. butter
	1 C. chopped pecans

Combine ingredients, cooking the onion slightly in the butter. Bake in buttered baking dish. Serve with preferred sauce.

Eva Lind.

**Asparagus
Soufflé**

3 T. butter	3 eggs
3 T. flour	1 t. salt
1 C. milk	$\frac{1}{4}$ t. paprika
1 C. asparagus	$\frac{1}{4}$ C. grated pecans

Make white sauce of first three ingredients. Mix with asparagus tips and put through sieve. Beat yolks of eggs until thick, add salt and paprika and add to the first mixture. Fold in the stiffly beaten egg whites and bake in a well greased baking dish. Bake for 30 minutes in a very slow oven, then turn off the heat and let the soufflé stand in the oven for 10 minutes.

**Baked Bean
Roast**

5 C. cooked beans	$\frac{1}{2}$ C. cracker crumbs
2 T. butter	1 t. salt

Stuffing

2 C. bread crumbs	$\frac{1}{4}$ t. sage
1 onion	$\frac{1}{2}$ t. salt
1 T. butter	1 egg
	1 C. grated pecans

Sauce

1 T. flour	$\frac{1}{2}$ t. Vegex
1 T. butter	1 C. bean water
	1 t. salt

Purée beans, add butter, salt, cracker crumbs.

PECAN ENTREES

Line casserole or baking dish with three-fourths of the mixture. Make stuffing—soak bread crumbs in cold water and drain. Cut onion, sauté in butter, add sage and salt. Add bread crumbs, egg, and pecans, and brown well. Fill form with mixture and cover with remainder of bean mixture. Bake until brown.

Sauce—Melt butter, add flour, salt, dissolved Vegex and bean water.

Mrs. Hanna Breckenridge.

1 small onion	1 C. grated pecans	Baked Rice
1 sweet pepper	1 C. tomatoes	
1 T. butter	1 egg	
$\frac{1}{3}$ C. cooked rice	1 t. parsley	
$\frac{1}{2}$ C. bread crumbs	$\frac{1}{2}$ t. salt	
	2 C. mashed potatoes	

Sauté the onion and pepper in butter. Combine the remaining ingredients, reserving the potatoes. Add to first mixture, shape into loaf and bake in a covered, buttered baking dish 20 minutes. Cover with potatoes, dot with butter, and bake 20 minutes longer. Serve with tomato sauce.

Mrs. J. S. Brown.

2 C. lentil pulp	1 C. bread crumbs	Baked
1 C. strained tomato	1 C. chopped pecans	Lentils
2 eggs	$\frac{1}{2}$ C. chopped celery	
1 t. salt	1 t. onion juice	

Combine puréed lentils with tomato. Add beaten eggs, salt, bread crumbs, pecans, celery, and onion juice. Bake in moderate oven. May be served hot or cold, in slices.

Mrs. L. F. Fitzell.

800 PROVED PECAN RECIPES

Baked Tomatoes

8 medium sized tomatoes	2 T. butter
$\frac{1}{2}$ C. bread crumbs	1 T. chopped onion
$\frac{3}{4}$ C. celery	$\frac{1}{2}$ C. chopped pecans
	1 t. salt

Cut slice from stem end of tomatoes and remove pulp. Combine pulp with other ingredients, refill shells, dot with butter, and bake in moderate oven 30 minutes.

Mrs. L. N. Walker.

Bean and Tomato Loaf

4 C. puréed beans	1 T. butter
1 C. strained tomato	1 C. bread crumbs
1 egg	1 C. chopped pecans
1 onion	1 T. parsley
	2 t. salt

Combine the beans and tomato, add beaten eggs. Sauté onion in butter and add bread crumbs. Combine with first mixture. Add pecans, chopped parsley and salt. Serve with Tomato Sauce.

Mrs. Laura M. Michael.

Bean Timbales

$\frac{3}{4}$ C. beans	$\frac{3}{4}$ C. bread crumbs
1 onion	$\frac{1}{2}$ t. salt
6 cloves	2 T. butter
12 peppercorns	$\frac{1}{2}$ C. chopped pecans
2 t. salt	Milk

Soak beans overnight, drain, cover with fresh water, add onion, cloves, peppercorns, and salt. Cook until soft. Purée. Add bread crumbs, salt, butter, chopped pecans, and milk to moisten. Bake in buttered timbale molds set in pan of water. Remove from molds and serve with tomato or white sauce.

Ida Holekamp.

PECAN ENTREES

6 sweet potatoes
3 T. butter

1 C. corn syrup
1/2 C. chopped pecans

Candied
Sweet
Potatoes

Cook the potatoes in salted water and cut in halves lengthwise. Lay in buttered baking dish, spread with butter, and pour the corn syrup over them. Sprinkle with chopped pecans and bake, basting often.

Mrs. Floyd J. Kingdon.

4 C. canned tomatoes
1 C. bread crumbs

1 C. chopped pecans
1/4 C. melted butter
1 t. salt

Breaded
Tomatoes

Put layer of salted tomatoes in buttered baking dish alternately with layers of pecans and buttered bread crumbs, topping with the bread crumbs. Bake 20 minutes.

Mrs. Wm. Duncanson.

2 C. chopped celery
1 C. bread crumbs
1 C. mashed potatoes
1 t. salt

2 eggs
Milk or celery stock
1 C. chopped pecans
2 T. chopped parsley

Celery and
Potatoes in
Ramekins

Cook celery and drain. Add bread crumbs, mashed potatoes, beaten eggs, pecans and seasoning to celery. Add sufficient milk or liquid from celery to moisten. Bake in buttered ramekins.

Mrs. H. E. Wieand.

1 C. minced celery
1/2 C. grated carrots
1 C. bread crumbs
4 T. flour

1 T. melted butter
1 egg
1 t. salt
1 C. grated pecans

Celery Patties

Combine ingredients, having egg well beaten. Form into small cakes and brown in buttered pan in hot oven. Serve with a cream parsley sauce.

Mrs. C. S. Justice.

800 PROVED PECAN RECIPES

**Breaded
Cheese Balls**

1 T. minced onion	1 C. bread crumbs
1 T. butter	2 T. grated pecans
1 C. grated cheese	2 T. lemon juice
$\frac{1}{2}$ t. salt	1 egg

Cook the chopped onion in butter. Add to cheese, bread crumbs, and other ingredients. Add beaten egg white, shape into balls, dip in beaten egg yolk diluted with 1 T. water. Roll in bread crumbs, and brown in butter. Serve with tomato sauce.

Mrs. Harry Ream.

**Casserole
Onions**

8 medium-sized onions	1 C. chopped pecans
1 C. bread crumbs	1 T. flour
$\frac{1}{2}$ t. salt	1 T. butter
$\frac{1}{2}$ t. paprika	1 C. milk
1 T. butter	$\frac{1}{2}$ t. salt

Peel onions and boil whole in salted water. When cool, remove centers from onion, chop and combine with other materials. Stuff onion shells with mixture. Make white sauce of last 4 ingredients and pour over onions which have been placed in a buttered baking dish. Bake 30 minutes.

Mrs. N. H. Ragland.

**Celery
Soufflé**

1 small onion	3 T. flour
$\frac{1}{2}$ sweet green pepper	1 C. milk
3 stalks celery	4 eggs
3 T. butter	1 t. salt
	$\frac{3}{4}$ C. chopped pecans

Chop onion, pepper, and celery fine and sauté in butter until soft. Melt butter, add flour and salt, blend thoroughly and add heated milk. Add to other ingredients and cool. Beat egg yolks and add salt, and chopped pecans. Add to first mixture. Fold in stiffly beaten egg whites. Bake in buttered casserole in pan of water in a moderate oven for $\frac{1}{2}$ hour.

Mrs. Floyd Avis.

PECAN ENTREES

$\frac{1}{4}$ C. rice $\frac{1}{2}$ t. salt
 $\frac{1}{2}$ C. chopped pecans 4 cooked beets
 Cream sauce

**Beets Stuffed
With Rice**

Wash and steam rice. Add pecans and salt. Scoop the centers from beets, fill with the rice mixture. Stand in a baking pan and bake in a moderate oven for 20 minutes. Chop the beet taken from the center very fine, add to a cream sauce and pour around the beets just before serving. Garnish with green peas.

Mrs. John Dixon.

1 C. milk 1 T. butter
2 C. bread crumbs 1 t. salt
1 onion 1 egg
 1 C. chopped pecans

**Bread Crum
Croquettes**

Moisten bread crumbs with milk. Add finely chopped onion, melted butter, pecans, salt, and well beaten egg. Mix thoroughly, shape in croquette molds. Cook in deep fat. Serve with Creole Sauce.

Mrs. S. H. Street.

2 C. dry bread crumbs 1 T. butter
1 C. celery 1 t. salt
1 C. strained tomatoes 1 egg
1 T. chopped onion 1 C. chopped pecans

**Celery and
Tomato Loaf**

Combine bread crumbs, celery, tomatoes, onion sautéed in butter, salt, well beaten egg, and pecans. Bake in buttered baking dish until brown.

Mrs. W. J. Thayer.

1 C. grated cheese 2 t. chopped onion
1 C. bread crumbs 3 T. lemon juice
1 t. salt $\frac{1}{2}$ C. chopped pecans

**Cheese
Patties**

Combine ingredients, adding milk if mixture is not of proper consistency to make into flat cakes. Pan broil and serve with tomato sauce.

Mrs. M. L. Lott.

800 PROVED PECAN RECIPES

**Casserole
of Peas**

2 C. bread crumbs	1 egg
1 C. green pea purée	1 C. chopped pecans
3 T. butter	1 T. flour
1 small onion	1 T. butter
3 T. tomato catsup	½ C. milk
1 t. salt	1 t. salt

Make white sauce of last 4 ingredients and combine with other materials, having egg well beaten and onion sautéed in butter. Bake in buttered casserole until well browned. May be served with a sauce.

B. S. Leeds.

**Casserole
Macaroni**

1 C. cooked macaroni	2 t. salt
1 C. grated cheese	¼ C. butter
1 T. chopped parsley	1 C. milk
2 T. chopped pimento	3 eggs
1 T. onion juice	1 C. grated pecans

Beat the eggs, add the milk, and combine with other ingredients. Turn into a buttered casserole. Place on folds of paper in a pan of hot water and bake in a moderate oven $\frac{3}{4}$ hour. Serve with a tomato sauce.

Mrs. Jean Grief.

**Casserole
of Rice**

2 C. hot cooked rice	½ C. milk
½ C. chopped pecans	1 C. grated cheese
2 T. butter	½ t. salt
2 T. flour	¼ t. paprika

Season rice with salt, paprika, and 1 T. butter and place in a vegetable dish. Make a white sauce with remaining butter, flour, and milk. When thick, add cheese and cook until creamy. Sprinkle pecans on rice and pour cheese sauce over all. Bake. Garnish with rings of stuffed olives and pecans.

Mrs. F. O. Beitel.

PECAN ENTREES

1 C. cooked potatoes	1 onion	Casserole of
1 C. cooked spinach or peas	1 T. butter	Vegetables
1 C. cooked carrots	1 t. salt	
1 C. bread crumbs	1 C. chopped pecans	
1 egg	Milk	

Combine ingredients, the onion cooked in butter, the egg well beaten, and the pecans added last, adding milk to moisten. Bake in buttered baking dish 30 minutes.

Mrs. E. E. Pajunen.

1 medium sized cauliflower	1 T. chopped parsley	Cauliflower
2 T. butter	1 T. chopped pimento	Polonaise
2 T. flour	$\frac{1}{3}$ C. grated cheese	
1 C. milk	$\frac{1}{2}$ C. grated pecans	
1 t. salt	Bread crumbs	

Soak cauliflower, head down, in salted water. Tie in cheese cloth and cook in boiling salted water until almost tender. Break into flowerettes, put in buttered casserole, cover with white sauce to which pecans have been added, sprinkle with cheese and bread crumbs. Bake until brown. Cover with chopped parsley and pimento.

4 C. sliced potatoes	1 t. salt	Casserole
2 C. milk	2 T. chopped onion	Potatoes
2 T. butter	$\frac{1}{4}$ C. cheese	Au Gratin
2 T. flour	$\frac{1}{4}$ C. grated pecans	

Peel and slice potatoes very thin. Make white sauce of butter, flour, salt, and milk. Put layers of potatoes in a buttered casserole, alternating with layers of grated pecans and cheese, sprinkled with chopped onion. Pour white sauce over mixture, sprinkle with bread crumbs, and bake.

Maude Lundin.

800 PROVED PECAN RECIPES

**Cereal and
Cottage
Cheese Loaf**

2 C. cottage cheese	2 T. chopped onion
1 C. cooked cereal	1 t. salt
1 C. bread crumbs	$\frac{1}{4}$ t. kitchen bouquet
	1 C. chopped pecans

Combine ingredients, adding milk if mixture is too dry. Bake in a buttered pan until well browned. Turn out on platter, serve with a cream of tomato sauce, and garnish with parsley.

Emma Kahl.

**Cereal
Roast**

1 C. cooked cereal	1 t. salt
1 C. bread crumbs	1 onion
1 C. milk	1 T. butter
$\frac{1}{4}$ t. Vegex	$\frac{1}{2}$ C. grated pecans
	2 T. chopped olives

Add milk in which Vegex has been dissolved to cereal. Add bread crumbs, onions sautéed in butter, salt, olives, and pecans. Bake in a buttered pan in hot oven for 30 minutes. Serve with a mushroom sauce.

Mrs. Sarah Miller.

Corn Balls

1 C. corn	$\frac{1}{2}$ t. salt
1 $\frac{3}{4}$ C. bread crumbs	$\frac{1}{2}$ C. chopped pecans
2 T. flour	1 egg
	Milk

Combine ingredients, adding beaten egg last. Add milk to make mixture of consistency to shape into small balls.

Tomato Sauce

2 T. butter	$\frac{1}{2}$ t. salt
2 T. flour	$\frac{1}{8}$ t. paprika
	2 C. strained tomato

Melt butter, add flour, tomato and seasoning. Cook thoroughly. Put balls in buttered baking dish. Cover with sauce and bake 15 minutes.

Marie Eulalie Moran.

PECAN ENTREES

1 medium sized cauliflower	1 C. milk
2 T. butter	1 t. salt
2 T. flour	$\frac{1}{2}$ C. chopped pecans
	2 T. chopped pimento

**Cauliflower in
Ramekins**

Soak cauliflower, head down, in salted water. Tie in cheesecloth, cook in boiling salted water, separate into flowerettes. Put in buttered ramekins, and add white sauce to which pecans and pimento have been added, and bake.

Mrs. E. L. Van Hossier.

1 C. finely chopped celery	2 T. butter
$\frac{3}{4}$ C. finely chopped pecans	2 T. grated onion
1 $\frac{1}{4}$ C. bread crumbs	1 T. salt
1 T. grated cheese	1 $\frac{1}{2}$ C. strained tomatoes
	2 eggs

**Celery and
Tomato
Entree**

Add celery, pecans, bread crumbs, cheese, butter, onion, and salt to strained tomatoes. Mix well and add well beaten eggs. Bake in a buttered baking dish 35 to 40 minutes. Serve with a cream parsley sauce.

Eva Lind.

1 C. bread crumbs	$\frac{1}{2}$ t. poultry seasoning
1 C. chopped celery	2 T. butter
1 C. grated pecans	1 C. milk
$\frac{1}{2}$ t. onion juice	$\frac{1}{8}$ t. kitchen bouquet

**Celery in
Potato Border**

Chop celery, add bread crumbs, pecans, and seasoning. Add milk and melted butter. Mix thoroughly and bake in buttered pan. Turn out on platter and surround with a border of potato rosettes, made with a pastry tube. A cream parsley sauce may be served with this.

Mrs. Wm. Kramp.

800 PROVED PECAN RECIPES

Cheese-Stuffed Potatoes

4 large potatoes	$\frac{1}{4}$ C. grated pecans
$\frac{1}{4}$ C. grated cheese	1 t. salt
$\frac{1}{4}$ C. milk	2 T. chopped parsley

Bake potatoes, cut in halves lengthwise. Remove inside, and mash, adding remaining ingredients. Beat until light, refill shells, leaving tops rough. Sprinkle with paprika and brown in hot oven.

Mrs. Maude Gray.

Cheese Fondue

1 C. hot milk	1 C. grated cheese
1 T. butter	1 C. bread crumbs
$\frac{1}{2}$ t. salt	2 eggs
	$\frac{1}{2}$ C. chopped pecans

Mix milk, butter, salt, cheese, and bread crumbs. Add the beaten egg yolks. Fold in the stiffly beaten egg whites and pecans. Bake in a greased baking dish placed in a pan of hot water in a moderate oven for 30 minutes.

Winona Howard.

Cheese in Ramekins

$\frac{1}{2}$ C. grated cheese	1 T. butter
1 C. bread crumbs	2 T. chopped onion
2 T. chopped parsley	1 t. salt
2 T. lemon juice	$\frac{1}{2}$ C. chopped pecans

Add bread crumbs to grated cheese. Add onion cooked in butter and other ingredients. Milk may be used to moisten if mixture is too dry. Bake in buttered ramekins.

Ruth E. Tait.

Corn Loaf

1 C. corn	1 T. chopped red pepper
$1\frac{1}{2}$ C. bread crumbs	1 T. chopped green pepper
1 T. grated onion	2 eggs
1 t. salt	1 C. milk
$\frac{1}{8}$ t. paprika	$\frac{1}{4}$ C. chopped pecans

Combine in order given, having eggs well beaten. Bake in buttered pan about 30 minutes.

Eva Lind.

PECAN ENTREES

$\frac{3}{4}$ C. cooked Cream of Wheat	1 t. salt $\frac{1}{2}$ t. thyme	Cereal Rolls with Banana
$\frac{1}{4}$ C. bread crumbs	1 egg	
1 C. chopped pecans	Bananas	

Combine ingredients, adding well beaten egg last. Shape in finger length rolls. Bake in buttered pan. Peel bananas, cut in halves lengthwise and crosswise. Roll in flour, sauté in butter, browning both sides. Serve on platter, alternating with rolls.

Virginia Branfass.

2 C. cottage cheese	2 T. butter	Cottage
3 C. bread crumbs	$\frac{1}{4}$ C. chopped pimentos	Cheese Loaf
1 t. salt	2 eggs	
	1 C. chopped pecans	

Mix together cheese, bread crumbs, salt, and pimento. Add melted butter, well beaten eggs, and pecans. Bake in buttered casserole. Garnish with cut stuffed olives and pecans.

Mrs. W. J. Thayer.

6 T. butter	2 T. chopped parsley	Croquettes
6 T. flour	2 T. lemon juice	with Tomato
1 t. salt	1 C. bread crumbs	Sauce
1 $\frac{1}{2}$ C. milk	2 egg yolks	
	1 C. grated pecans	

Make white sauce of first 4 ingredients. Cool. Add well beaten egg yolks and remaining ingredients. Mix thoroughly, shape in croquette molds, dip in egg white, cracker crumbs, and cook in deep fat. Drain on paper.

Tomato Sauce

2 T. butter	$\frac{1}{2}$ t. salt
1 onion	$\frac{1}{4}$ t. mace
2 T. flour	1 C. strained tomato

Melt butter, add onion, brown, and add other ingredients, stirring constantly until thick. Serve on croquettes.

Ree Roynane.

800 PROVED PECAN RECIPES

**Corn in
Ramekins**

2 C. corn	$\frac{1}{2}$ t. salt
1 C. whole wheat bread crumbs	2 T. chopped green pepper
1 T. butter	$\frac{1}{2}$ t. Vegex
1 onion	2 eggs
	$\frac{1}{2}$ C. milk
	1 C. chopped pecans

Combine corn and bread crumbs. Add onion sautéed in butter, dissolved Vegex, pepper, salt, beaten eggs, milk, and pecans. Bake in ramekins.

Beulah Chamberlain.

**Cornmeal
Croquettes**

2 C. yellow cornmeal	1 egg
2 T. butter	1 t. salt
3 C. boiling water	1 C. grated pecans

Add salt to boiling water. Stir in cornmeal, cook for 10 minutes, remove from heat, and add pecans, well beaten egg, and butter. Let stand 24 hours. Slice, and cook in deep fat. Serve with maple syrup.

Mrs. Geo. Stockfleth.

**Escalloped
Corn**

1 can corn	1 T. flour
1 C. milk	$1\frac{1}{4}$ t. salt
2 eggs	1 C. chopped pecans

Combine ingredients in order given, having eggs well beaten. Bake in buttered casserole, until firm.

Mrs. J. P. Wheat.

**Cottage
Cheese
Croquettes**

1 C. cottage cheese	$\frac{1}{2}$ t. sage
1 T. milk	$\frac{1}{2}$ t. salt
1 T. chopped onion	1 C. bread crumbs
1 T. butter	$\frac{1}{2}$ C. chopped pecans
	1 egg white

Combine cottage cheese with bread crumbs, sage, salt, chopped pecans, and milk. Add onion cooked in the butter. Form into croquettes and dip in beaten egg white, roll in cracker crumbs, and cook in deep fat.

Mrs. H. W. Donner.

PECAN ENTREES

2 C. cooked celery
1/4 C. chopped pecans
2 T. butter

2 T. flour
1 C. milk
1/2 t. salt
1/8 t. paprika

Creamed
Celery in
Croustades

Drain cooked celery and combine with white sauce and pecans. Serve in croustades made by cutting stale bread into cubes and removing a square piece from center of each to form a case. Spread cases with melted butter and brown in a moderate oven. Garnish with parsley and pimento cut in fancy shapes.

Mrs. F. N. Cossman.

2 T. butter
1 T. flour
1 C. milk
2/3 C. grated cheese

1 t. salt
1 C. tomato soup
2/3 C. chopped pecans
3 C. diced cooked potatoes

Diced Potatoes
with Tomato
Sauce

Make white sauce of flour, butter, salt, and milk. Add grated cheese, remove from heat, add tomato soup and nuts. Pour over hot diced potatoes. Garnish with parsley.

F. Brewster.

2 T. butter
1 t. flour
1/2 C. milk
1 C. grated cheese

1 C. chopped pecans
3 eggs
1/2 t. salt
1 t. paprika

Cheese
Soufflé

Melt butter in saucepan, add flour, and stir until smooth. Add milk, cheese, nuts, egg yolks, salt and paprika. Cook 3 minutes, stirring constantly. Let cool, fold in stiffly beaten egg whites. Pour in buttered baking dish, set in pan of water, and bake 20 minutes.

Mrs. L. L. Kerns.

800 PROVED PECAN RECIPES

Creole Sweet Potatoes	6 sweet potatoes 1 t. salt $\frac{1}{8}$ t. nutmeg	3 T. butter $\frac{1}{4}$ C. cream $\frac{1}{4}$ C. grated pecans Marshmallows
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Bake potatoes, peel, and mash. Combine with other ingredients. Beat until light, place in buttered baking dish, cover top with marshmallows, and bake until slightly brown.

Feroe C. Remer.

Creole Celery	2 C. bread crumbs 1 C. chopped celery 1 C. strained tomatoes 4 T. chopped parsley 2 T. butter	1 C. tomato juice 2 T. chopped onion 2 eggs 1 t. salt 1 C. chopped pecans 1 lemon
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Toast whole wheat bread and grind fine. Add other ingredients, the egg well beaten. Bake in buttered baking dish for 30 minutes. Decorate with lemon. May be served with a sauce.

Mrs. S. P. Ace.

Escalloped Carrots	6 carrots (medium) 1 C. cracker crumbs 1 C. chopped pecans	$\frac{1}{2}$ C. cheese Milk 1 t. salt $\frac{1}{8}$ t. paprika
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Cut carrots in rounds and cook in salted water. Put a layer of carrots in buttered baking dish, sprinkle with cracker crumbs, a layer of grated cheese, and a layer of chopped pecans. Repeat layers until dish is filled. Add salt and paprika and fill dish $\frac{3}{4}$ full of milk. Bake in hot oven until well browned.

Mrs. C. F. Chandler.

PECAN ENTREES

2 1/4 C. peas	1 T. parsley	Green Pea
1 1/4 C. bread crumbs	1/8 t. paprika	Entree
1 T. chopped onion	1/4 t. nutmeg	
2 T. butter	1 t. salt	
1 egg	1 C. grated pecans	
	Milk	

Purée peas and combine with other ingredients, adding sufficient milk to moisten. Bake in buttered pan until brown. Serve with tomato sauce.

Elizabeth C. Williams.

1 medium sized cauliflower	1 C. milk	Escalloped
1 T. butter	1/2 C. bread crumbs	Cauliflower
1 C. cream	1/2 C. chopped pecans	
	1 t. salt	

Soak cauliflower, head down, in salted water. Tie in cheesecloth. Cook in boiling salted water to which milk has been added. Break into flowerettes. Heat butter and cream, adding seasonings and pecans. Butter a baking dish and fill with layers of cauliflower, bread crumbs, and cream. Bake in hot oven.

Theresa Lessmeister.

1 C. lentils	1 t. salt	Lentil
1 C. cracker crumbs	1 t. poultry seasoning	Patties
1 T. butter	2 eggs	
2 onions	1 C. chopped pecans	
	Milk	

Soak lentils overnight. Boil slowly until soft; mash, and cool. Add cracker crumbs, and onion sautéed in butter, salt, seasoning, well beaten eggs, pecans, and milk to make mixture of consistency to form into patties. Sauté in pan on top of stove or in oven. Serve with a piquant sauce.

Edith V. Schliemann.

800 PROVED PECAN RECIPES

**Escalloped
Cabbage**

1 small cabbage	1 t. salt
4 T. butter	1 C. milk
	½ C. grated pecans

Melt butter in skillet, add finely chopped cabbage and salt. Cook slowly for 10 minutes without browning. Add milk, cook until almost dry, and add pecans. Garnish with pimento cut in fancy shapes.

F. Brewster.

**Marshmallow
Sweet
Potatoes**

3 C. mashed sweet potatoes	2 eggs
1 C. milk	1 T. butter
2 T. sugar	1 t. salt
	1 C. grated pecans

Combine ingredients thoroughly. Bake in buttered pan. Remove from oven, cover with marshmallows, and return to oven to brown.

Mrs. H. S. Graham.

**Escalloped
Onions**

8 medium sized onions	1 T. butter
½ C. cracker crumbs	1 T. flour
1 C. chopped pecans	1 C. milk
	½ t. salt

Boil onions in salted water. Make white sauce and add chopped pecans. Fill buttered baking dish with layers of onion and sauce. Sprinkle with buttered cracker crumbs and bake.

Agnes Volentine.

**Glazed
Sweet
Potatoes**

6 sweet potatoes	4 T. water
½ C. brown sugar	2 T. butter
	½ C. grated pecans

Boil the sweet potatoes, peel, and cut in slices. Make a syrup by boiling the sugar, water, and butter together for 5 minutes. Lay the sliced potatoes in a buttered baking dish, pour the syrup over them, and sprinkle with pecans. Bake ½ hour, basting frequently.

Mrs. Wm. M. Jones.

PECAN ENTREES

1 C. lima beans	$\frac{1}{2}$ t. poultry seasoning	
$\frac{2}{3}$ C. cracker crumbs	1 T. lemon juice	
6 T. milk	2 eggs	
1 t. salt	1 C. chopped pecans	

**Lima Bean
Cakes**

Soak beans overnight. Cook in salted water until soft; drain, and mash. Add cracker crumbs, milk, seasonings, lemon juice, beaten eggs, and pecans. Shape into cakes and pan brown in butter. Serve with sautéed apple rings.

Mrs. R. D. Carse.

2 C. cooked lima beans	1 C. chopped pecans	
1 C. bread crumbs	1 t. salt	
2 eggs	$\frac{1}{2}$ t. poultry seasoning	

**Lima Bean
Patties**

Purée beans, add bread crumbs, beaten eggs, and remainder of ingredients. Shape into patties and sauté in butter. May be served with or without a sauce.

Dr. L. B. Miller.

6 parsnips	1 C. cracker crumbs	
1 egg	$\frac{1}{2}$ t. salt	
	$\frac{1}{2}$ C. grated pecans	

**Parsnip
Patties**

Boil or steam parsnips. Press through colander or sieve. Add other ingredients, form into patties, and sauté in butter. Serve with parsley sauce.

Beulah Chamberlain.

2 eggs	1 C. chopped celery	
$1\frac{1}{2}$ C. milk	1 T. grated onion	
$1\frac{1}{2}$ C. graham cracker crumbs	2 T. butter	
	$\frac{3}{4}$ C. chopped pecans	

**Graham
Cracker and
Celery
Entree**

Beat the eggs, add milk, cracker crumbs, celery, onion, melted butter, pecans, and salt. Bake in a buttered pan until well browned. Turn out on platter and surround with cream parsley sauce.

Edith V. Schliemann.

800 PROVED PECAN RECIPES

**Mashed
Sweet
Potatoes**

6 sweet potatoes	1 T. butter
1 C. chopped pecans	1 t. salt
1 C. chopped raisins	1 box marshmallows

Boil sweet potatoes, remove skins, and mash. Add pecans, raisins, butter, and salt. Mix thoroughly and put in buttered baking dish. Cover with marshmallows, and brown slightly in oven.

Mrs. Philip Ehemann.

**Macaroni and
Cheese**

1 C. macaroni	1 t. salt
1 C. grated cheese	1 C. milk
2 T. butter	½ C. grated pecans
2 T. flour	Bread crumbs

Cook macaroni until tender and rinse in cold water. Make white sauce with butter, flour, salt, and milk. Add grated cheese. Fill buttered dish with layers of macaroni, white sauce, and grated pecans. Cover with buttered bread crumbs. Bake in moderate oven.

Alberta K. Winslow.

**Mexican
Bean Loaf**

1 C. beans	1 T. butter
1 Mexican chili pod or	2 onions
1 t. chili powder	1 t. salt
	1 C. chopped pecans

Soak beans overnight. Remove seed from chili pod. Sauté onions in butter. Combine with beans and chili, add pecans and salt. Put in bean pot, cover with boiling water, and cook slowly until done.

Mrs. J. W. Kayser.

**Panned Egg
Plant**

1 egg plant	½ t. salt
1 egg	¼ t. nutmeg
	½ C. grated pecans

Soak sliced egg plant in cold water, remove, and dry. Dip in beaten egg and pecans to which seasoning has been added. Sauté in butter.

Mrs. Joe Selbert.

PECAN ENTREES

1 onion	1 C. bread crumbs	Mushroom
2 T. butter	$\frac{1}{2}$ t. salt	Entree
1 can mushrooms	1 C. chopped pecans	
$\frac{1}{2}$ C. strained tomatoes	Cream	

Cook onion in butter, add finely chopped mushrooms, tomatoes, bread crumbs, nuts, and salt. Mix thoroughly, using cream or liquid from mushrooms, as necessary. Bake in buttered casserole $\frac{1}{2}$ hour.

Mrs. D. S. Person.

2 C. oatmeal	$\frac{1}{2}$ t. cinnamon	Oatmeal Mush
1 C. raisins	1 t. salt	
	1 C. chopped pecans	

Steam oatmeal 4 hours. Add salt, raisins, and cinnamon. Steam 10 minutes, add pecans, turn into buttered pan and let stand 24 hours. Slice, and brown in buttered pan on top of stove or in oven. Serve with maple or corn syrup.

Mrs. J. E. Hartman.

8 onions	$\frac{1}{2}$ t. salt	Onions
1 C. boiled rice	1 C. chopped pecans	Stuffed with
1 egg	1 C. tartar sauce	Rice

Boil whole onions in salted water. Remove outer skins and center. Save centers for sauce. Combine boiled rice, well beaten egg, nuts, and seasoning. Refill shells. Place in buttered baking dish, and bake 30 minutes. Serve with tartar sauce.

Tartar Sauce

1 T. lemon juice	1 T. Worcestershire Sauce
$\frac{1}{4}$ t. salt	$\frac{1}{3}$ C. butter

Onion pulp

Heat lemon juice, salt, and Worcestershire Sauce over hot water. Melt butter and add with onion pulp to first mixture.

Mrs. J. R. Towns.

800 PROVED PECAN RECIPES

Mexican Rice Croquettes	1 C. milk 2 T. flour 2 T. butter 1 t. salt	2 C. cooked rice 2 T. chopped pimentos $\frac{1}{2}$ C. chopped pecans 1 t. salt
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Make white sauce of first four ingredients. Add other materials. Shape into croquettes or balls, dip in egg white and bread crumbs, and cook in deep fat.

Mrs. E. L. Martin.

Panned Potatoes	2 C. mashed potatoes 1 C. bread crumbs $\frac{1}{2}$ C. milk 2 eggs 1 T. butter	$\frac{1}{4}$ t. paprika $\frac{1}{2}$ t. celery salt 1 t. salt $\frac{1}{2}$ C. chopped pecans 4 T. butter
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Cook bread crumbs and milk to a paste and add to the potatoes. Add the butter, well beaten eggs, omitting one white, seasoning, and pecans. Shape into small cakes, dip in remaining egg white and crumbs, and chill for two hours. Place cakes in buttered pan and brown on top of stove or in oven.

Alice Prive.

Peas and Tomato Loaf	2 C. pea purée 2 eggs 1 C. strained tomato $\frac{1}{4}$ C. cream $\frac{1}{2}$ C. bread crumbs	4 T. flour 1 t. onion juice 2 t. celery salt 1 t. sage 1 t. salt 1 C. chopped pecans
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Beat eggs, add to the purée, together with the other ingredients, adding the cream, salt, and pecans last. Bake in a buttered baking pan for 30 minutes. Turn out on platter and garnish with a pimento cream sauce.

Nellie Loomis.

PECAN ENTREES

6 tomatoes
1 t. salt
½ C. flour

2 T. butter
1 C. sour cream
½ C. grated pecans

Panned
Tomatoes

Cut tomatoes in half through stem, salt, and roll in flour. Melt butter in skillet, add tomatoes cut side down, and cook very slowly about 15 minutes. Add cream and nuts just before removing from heat.

Mrs. Belle Lods Williams.

2 C. mashed potato
1 egg
2 T. parsley

1 t. onion juice
1 t. salt
¼ t. nutmeg
1 C. chopped pecans

Parsley
Potato
Croquettes

Combine ingredients, shape into croquettes, dip in flour, egg white, and cracker crumbs. Cook in deep fat.

Eula Phillips.

4 parsnips
2 eggs
1 C. cooked rice

4 T. flour
1 t. salt
1 C. grated pecans

Parsnip-Rice
Cakes

Boil or steam parsnips and put through a coarse sieve. Add beaten eggs and remainder of ingredients. Form into small cakes, thinning with milk if necessary. Bake in buttered pan until brown. Serve with tomato or celery sauce.

Flo Onida Williamson.

1½ C. peas
1 C. bread crumbs
1 chopped onion
1 egg

2 T. milk
1 T. butter
1 t. salt
½ C. grated pecans

Patties of
Peas

Combine ingredients. Form into cakes, brown in buttered pan on top of stove or in oven. Serve with tomato sauce.

Mrs. Della Morris.

800 PROVED PECAN RECIPES

**Peas and
Potato
Croquettes**

2 C. mashed potatoes	1 T. chopped onion
$\frac{1}{2}$ C. cooked peas	1 t. salt
1 egg	$\frac{1}{8}$ t. sage
	$\frac{3}{4}$ C. chopped pecans

Combine ingredients and form into balls. Dip in egg white, and bread crumbs. Cook in deep fat.

Mrs. Catherine Mueller.

Potato Puff

2 C. mashed potatoes	1 C. milk
2 T. melted butter	1 t. salt
2 eggs	$\frac{1}{4}$ t. paprika
	1 C. grated pecans

Beat potato and butter, add well beaten eggs, milk, seasoning, and grated pecans. Bake in buttered baking dish until brown.

Mrs. J. W. Kayser.

**Pineapple
Sweet
Potatoes**

6 sweet potatoes	2 T. butter
1 C. grated pineapple	1 C. chopped pecans
2 T. sugar	Marshmallows

Boil potatoes in salted water, remove skins, and mash. Add other ingredients. The mixture may be thinned with pineapple juice if necessary. Bake in buttered baking dish, top with marshmallows, and brown.

Gladys I. Tucker.

Potato Hash

1 C. mashed potatoes	1 C. chopped pecans
1 C. bread crumbs	4 T. butter
	1 t. salt

Combine potatoes, bread crumbs, pecans, and salt. Melt butter in saucepan and pan brown potatoes, moistening slightly with water, and turning once.

Mrs. C. L. Condrei.

PECAN ENTREES

4 large peppers	1 C. tomato juice	Peppers
2 T. melted butter	1 t. salt	Stuffed with
2 C. cooked rice	½ C. chopped pecans	Rice

Remove top and seeds from peppers and cook 12 minutes in salted water. Combine other ingredients, and refill shells. Dot with butter, bake in buttered baking dish for 30 minutes in moderate oven. Garnish with pimento strips and serve in toast rings.

Mrs. Mina Lowman.

6 potatoes	¼ C. grated cheese	Potato
2 T. butter	1 t. salt	Balls
½ C. milk	½ C. grated pecans	

Boil potatoes, mash, add butter, hot milk, grated cheese, salt, and pecans. Beat until very light, shape into balls, dip in egg white and cracker crumbs. Place on buttered pan and brown in hot oven. Serve with sauce.

Mrs. S. B. Connell.

2 T. butter	1 C. green peas	Platter of
1 T. flour	1 C. grated pecans	Vegetables
1 C. milk	1 egg	
½ C. chopped celery	1 T. onion juice	
2 C. whole wheat bread crumbs	½ t. sage	
	1 t. salt	

Make white sauce of first 3 ingredients and add chopped celery. Add other ingredients. Bake in an oval baking dish. Remove, and serve on platter surrounded with border of duchessé potatoes, stuffed tomatoes, peppers, julienne carrots, peas and parsley.

Mrs. E. H. Landry.

800 PROVED PECAN RECIPES

Potato Cakes with Peas	1 C. mashed potatoes 1 C. bread crumbs 4 eggs	2 T. chopped parsley 1 t. salt 1 C. chopped pecans
Combine ingredients, omitting the white of one egg. Mold into small cakes, dip in remaining egg white, and cracker crumbs. Place in buttered pan and bake in hot oven. Serve with green peas and tomato sauce.		

Mrs. L. Welwer.

Potato Croquettes	2 C. riced potatoes 1/4 C. cream 1 t. salt	1/4 t. paprika 1/2 t. baking powder 1 egg 1 C. chopped pecans
Mix ingredients, omitting egg white. Shape into croquettes, dip in egg white and bread crumbs. Cook in deep fat. Serve with cream of tomato sauce.		

Annie Bird.

Potatoes on the Half Shell	4 large potatoes 1 t. salt	2 T. chopped parsley 1 T. butter 1/2 C. grated pecans
Bake potatoes, cut in halves lengthwise without breaking skins. Remove inside and mash, adding seasoning and pecans. Refill shells, and brown in the oven.		

Mrs. C. M. Hitchcock.

Potato Patties	2 C. mashed potato 1/4 C. milk 1 egg	1 T. butter 1 t. salt 1/2 C. grated pecans
Combine ingredients and beat until light. Form into small cakes, roll in bread crumbs, and bake in well buttered pan.		

PECAN ENTREES

2 C. cooked red beans	1 chopped green pepper	Red Bean Loaf
2 C. bread crumbs	2 T. butter	
1 egg	1 t. salt	
1 C. chopped pecans	Milk	

Melt butter, add bread crumbs, and remaining ingredients, adding sufficient milk to moisten. Bake in a pan or casserole. Serve with tomato sauce.

Mrs. J. P. Wheat.

1 T. butter	1 t. salt	Rice Balls
1 T. flour	$\frac{1}{2}$ C. grated cheese	
1 C. milk	$\frac{1}{2}$ C. chopped pecans	
Cooked rice		

Make balls of rice, dip in egg white and bread crumbs. Cook in deep fat. Make sauce of remaining ingredients and serve with rice balls.

E. Porter.

2 C. cooked rice	$\frac{1}{2}$ t. salt	Rice and Cheese
1 C. grated cheese	4 eggs	
1 $\frac{1}{3}$ C. milk	$\frac{1}{2}$ C. chopped pecans	

Mix the rice with the cheese and milk. Add salt, well beaten egg yolks, pecans, and stiffly beaten egg whites. Bake in a well buttered baking dish for 25 minutes.

Mrs. Wm. H. Martin.

2 C. cooked rice	1 t. salt	Rice Cakes
3 T. butter	$\frac{1}{4}$ t. sage	
$\frac{1}{2}$ C. chopped pecans	1 egg	
Bread crumbs		

Combine ingredients, having egg well beaten. Use sufficient bread crumbs to form into patties. Bake in quick oven and serve with tomato sauce.

Mrs. A. D. Ferguson.

800 PROVED PECAN RECIPES

Potato Topped Loaf	$\frac{1}{2}$ C. cooked rice $\frac{1}{2}$ C. bread crumbs 1 C. tomatoes 1 egg $\frac{1}{2}$ onion, chopped 2 C. mashed potatoes	2 T. chopped green pepper 2 T. butter 1 T. chopped parsley 1 t. salt 1 C. grated pecans
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Combine ingredients in order given, having egg well beaten. Place in buttered casserole, cover with mashed potatoes, dot with butter, and bake in slow oven.

Mrs. T. R. Wellington.

Rice a 'la Carolina	$1\frac{1}{3}$ C. rice 2 C. water 1 C. diced celery 1 chopped green pepper $\frac{2}{3}$ C. chopped pecans	1 minced onion 4 diced tomatoes $\frac{1}{2}$ C. diced ripe olives 2 t. salt
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Wash rice. Let water come to a boil. Add rice and other ingredients except the pecans. Cook in double boiler until rice is soft. Add nuts and serve on platter garnished with red and green pepper strips.

Lola Mace.

Rice Croquettes	2 C. cooked rice 2 eggs 1 t. salt	$\frac{1}{4}$ t. sage $\frac{1}{4}$ t. thyme Bay leaf 1 C. chopped pecans
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Mix ingredients thoroughly. Shape into croquettes, dip in egg white and bread crumbs and cook in deep fat. Serve on platter garnished with parsley and Creole Sauce.

Mrs. C. E. Davies.

Rice Patties	1 C. grated pecans 2 C. cold boiled rice	1 egg 1 t. salt
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Combine ingredients, shape into cakes, and sauté in butter. Sprinkle with chopped parsley and serve with or without sauce.

Mrs. L. B. Miller.

PECAN ENTREES

$\frac{1}{2}$ C. chopped pecans	1 onion	Rice Loaf
$\frac{1}{2}$ C. mashed potatoes	$2\frac{1}{3}$ t. parsley	
$\frac{1}{2}$ C. cooked rice	2 T. bread crumbs	
1 grated lemon	$\frac{1}{4}$ t. paprika	
2 eggs	1 t. salt	
	2 T. melted butter	

Combine ingredients in the above order, having eggs well beaten. Place in a baking dish and pour melted butter over the top. Bake 40 minutes.

Mrs. Leo Schroeder.

6 sweet potatoes	2 eggs	Spiced Sweet Potatoes
2 T. butter	1 C. milk	
$\frac{1}{2}$ t. ginger	1 C. grated pecans	

Boil potatoes in salted water, peel, and mash. Add remaining ingredients, and bake in buttered baking dish until brown.

Mrs. Wm. Harmon.

1 C. sauer kraut	1 C. bread crumbs	Sauer Kraut
2 C. cold sliced potatoes	$\frac{3}{4}$ C. milk	
$\frac{1}{2}$ C. chopped pecans	$\frac{1}{2}$ t. salt	

Place alternate layers of potato, sauerkraut, bread crumbs, and nuts in buttered baking dish. Add milk and seasoning. Bake 30 minutes.

Mrs. Sarah Alward.

2 C. riced potatoes	3 T. cream	Savory Potato Croquettes
1 t. salt	1 T. butter	
1 small onion	1 egg	
	$\frac{1}{2}$ C. chopped pecans	

Combine ingredients, shape into croquettes, dip in egg white and bread crumbs, and cook in deep fat. Serve with celery sauce.

Mrs. H. Velander.

800 PROVED PECAN RECIPES

**Spanish
Cheese**

1 C. grated cheese	$\frac{1}{2}$ C. chopped green pepper
1 C. bread crumbs	1 T. melted butter
1 egg	1 onion
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. chopped pecans

Add well beaten egg to cheese. Cook onion and pepper in butter. Add crumbs and stir until brown. Combine with first mixture. Moisten with milk. Bake in buttered pan. Serve with sautéed tomatoes.

Mrs. G. J. DeLitterest.

Spinach Loaf

2 eggs	2 C. cooked spinach
3 C. milk	4 T. melted butter
3 C. rolled crackers	1 t. salt
	$\frac{1}{2}$ C. grated pecans

Beat the eggs, add the milk, crackers, and spinach. Stir in the melted butter and salt. Bake in a deep glass dish in a slow oven until fairly stiff (about 1 hour).

Spanish Rice

1 C. rice	2 C. tomatoes
2 C. water	1 C. pecans
4 large onions	1 T. Worcestershire Sauce
4 T. butter	1 large green pepper or
$1\frac{1}{2}$ t. salt	small bottle stuffed olives

Boil rice in water for 15 minutes. Sauté onions in butter and add to rice. Combine with other ingredients and bake slowly.

Mrs. H. W. Donner.

**Spinach and
Cheese Loaf**

2 C. cooked spinach	1 egg
1 T. butter	1 C. grated cheese
$\frac{1}{2}$ t. salt	1 C. grated pecans

Cook spinach, chop, and add other ingredients. Bake in a buttered baking pan. Serve with a cheese cream sauce. Garnish with pimentos.

Mrs. John N. McQuire.

PECAN
PEPPER
CASE



PECAN ENTREES

4 large green peppers	$\frac{1}{2}$ C. grated cheese	Pecan Pepper Case
1 C. cooked rice	$\frac{1}{2}$ t. salt	
	$\frac{1}{2}$ C. grated pecans	

Cut tops from peppers, remove inside, and allow peppers to stand in boiling water for 5 minutes. Combine other ingredients and refill shells. Dot with butter, and bake in buttered pan, with small amount of water. Serve in toast rings, garnished with parsley and stuffed olives.

Ella Mathews.

4 large green peppers	$\frac{1}{2}$ C. celery	Steamed Peppers
1 C. bread crumbs	$\frac{1}{2}$ C. grated cheese	
3 hard cooked eggs	1 t. salt	
	1 C. chopped pecans	

Cut tops from peppers, remove seeds and soak peppers in cold water. Combine other ingredients. Dry, and stuff shells, and steam 45 minutes. Serve in toast rings.

Alice H. Stewart.

3 C. mashed potatoes	$\frac{1}{2}$ t. salt	Stuffed Potato Loaf
2 T. milk	$\frac{1}{4}$ t. onion	
1 T. butter	1 egg white	

Combine ingredients, adding beaten egg white last. Reserve enough potato to cover top. Line buttered pan. Fill with following mixture and cover with potato top:

$\frac{2}{3}$ C. hot milk	$\frac{2}{3}$ C. chopped pecans
$\frac{2}{3}$ C. bread crumbs	$\frac{1}{2}$ t. salt
1 egg yolk	$\frac{1}{8}$ t. paprika

Pour hot milk over crumbs and cook in double boiler until thick. Cool, add beaten egg yolk, pecans, and seasoning. Bake in a hot oven until brown.

Mrs. Henry E. Stetson.

800 PROVED PECAN RECIPES

**Southern
Candied
Sweet
Potatoes**

6 sweet potatoes 1 C. maple syrup
3 T. butter $\frac{1}{2}$ C. chopped pecans

Cook potatoes in salted water. Cut in halves lengthwise. Lay in buttered baking dish. Spread with butter, sprinkle with chopped pecans, and cover with maple syrup. Bake in a moderate oven, basting frequently. If preferred, pecans may be added just before serving.

Myrtle Mischke.

**Sweet Potato
and Apple
Puff**

2 C. mashed sweet potatoes 2 eggs
1 T. butter $\frac{1}{2}$ t. salt
2 T. cream 1 C. stewed apples
2 T. sugar $\frac{1}{2}$ C. grated pecans

Combine ingredients thoroughly. Bake in buttered casserole. May be served hot or cold.

Luna Huggins.

**Stuffed
Peppers**

1 C. grated cheese 2 T. butter
4 large green peppers 1 t. salt
1 C. bread crumbs $\frac{1}{2}$ C. milk
1 T. grated onion $\frac{1}{2}$ C. chopped pecans

Remove stem end from peppers, and scrape out inside. Parboil peppers 2 minutes, drain and fill with mixture of remaining ingredients. Cover tops with grated cheese and bake in buttered pan 20 minutes.

Roxy Packer.

**Sweet Potato
Croquettes**

2 C. mashed sweet potatoes 1 egg
1 t. salt $\frac{1}{4}$ C. chopped pecans
2 T. butter Milk

Combine ingredients, adding hot milk until of proper consistency to form into croquettes. Dip in egg white and crumbs, and cook in hot fat.

Mrs. C. H. Cook.

PECAN ENTREES

1 head cabbage	1 t. salt	
2 T. butter	3 T. sugar	
2 T. lemon juice	$\frac{1}{2}$ C. pecans	Steamed Cabbage

Shred cabbage and soak in cold water. Melt butter in a cooking vessel that can be tightly covered. Add drained cabbage, lemon juice, salt, and sugar. Cover tightly and steam $\frac{1}{2}$ hour. Add pecans before serving. Garnish with strips of red and green pepper.

Mrs. R. E. Powers.

4 large sweet potatoes	2 eggs	
2 T. butter	2 T. sugar	Stuffed Sweet Potatoes
$\frac{1}{2}$ C. milk	Rind of 1 lemon	
$\frac{1}{8}$ t. nutmeg	$\frac{1}{2}$ C. grated pecans	

Select well shaped potatoes of uniform size. Bake until slightly softened. Cut off tops and scrape out inside. Mash and add other ingredients. Refill skins and heat.

Martha Schroeder.

8 medium sized tomatoes	3 T. butter	
$\frac{3}{4}$ C. cooked peas	1 t. salt	Stuffed Tomatoes
1 C. bread crumbs	$\frac{1}{8}$ t. paprika	
1 egg	6 T. chopped pecans	

Cut slice from stem end of tomatoes and remove pulp. Cook pulp with peas, bread crumbs, egg, butter, and seasoning. Add pecans, and refill shells. Bake 30 minutes in hot oven.

Mrs. G. L. Kendrick.

6 sweet potatoes	4 T. cream	
2 T. butter	$\frac{1}{2}$ C. ground pecans	Sweet Potato Cakes
	Cracker crumbs	

Boil in salted water, peel, mash, and add other ingredients. Shape into small cakes, roll in cracker crumbs, and bake in buttered pan until brown.

Frances Galish.

800 PROVED PECAN RECIPES

Stuffed Egg Plant

4 small egg plants	1 T. butter
1/2 C. tomatoes	1 onion
1/2 C. bread crumbs	1/2 C. chopped pecans

Cut egg plants in halves lengthwise, soak in cold water, and cook in boiling salted water. Remove pulp, leaving shells unbroken. Combine pulp with other ingredients. Refill shells, sprinkle with chopped onion, and bake 20 minutes. Serve with white sauce to which 1/2 C. grated pecans have been added.

Beulah Chamberlain.

Stuffed Squash

1 small Hubbard squash	2 raw eggs
Salt	1/2 C. cooked macaroni
1 C. cooked mashed beans	1 C. grated pecans
1 C. bread crumbs	1/2 t. salt
1 diced hard cooked egg	1/2 t. sage

Peel squash, slice off top, scrape out seeds, and salt inside and out. Combine remaining ingredients, refill squash with mixture, put the top back on with toothpicks, and bake 1 hour. Serve hot with apple sauce.

Mrs. R. S. Zinn.

Stuffed Potatoes

4 large potatoes	1 T. minced parsley
1 T. butter	1/2 t. salt
1/4 C. grated pecans	1 egg white

Bake potatoes, cut off tops, and scoop out potato, leaving skins unbroken. Mash and add butter, parsley, pecans, and salt. Add stiffly beaten egg white and beat until light. Refill shells, dot with butter, and brown in hot oven. 1/4 C. of milk or cream may be used in place of egg white.

Marie Eulalie Moran.

PECAN ENTREES

8 Spanish onions	$\frac{1}{3}$ C. butter	Stuffed Onions
1 C. bread crumbs	1 T. flour	
$\frac{1}{2}$ t. salt	1 T. butter	
1 egg	$\frac{1}{2}$ t. salt	
1 C. chopped pecans	1 C. milk	

Peel onions and boil whole in salted water. Cool, remove center from onions, leaving shell. Chop the centers. Combine with bread crumbs, butter and beaten egg. Make white sauce of the last four ingredients and combine with mixture. Add chopped pecans, stuff the onion shells, place in buttered pan, and bake in oven until brown.

Dorothy Cooke.

6 sweet potatoes	1 t. salt	Sweet Potato with Apple
1 T. sugar	$\frac{3}{4}$ C. cream	
1 large apple	$\frac{3}{4}$ C. chopped pecans	
$\frac{1}{4}$ t. mace	Marshmallows	
	Whole pecans	

Boil potatoes, adding sugar to water. When partly done, peel and slice. In buttered casserole place alternate layers of potatoes and apples, sprinkling with pecans and mace. Add cream, and bake. Remove from oven, cover with marshmallows, placing a whole pecan in the center of each. Brown in oven.

Sadie D. Prather.

2 C. mashed sweet potatoes	1 C. grated cocoanut	Sweet Potato Loaf
1 egg	$\frac{1}{2}$ C. raisins	
$\frac{1}{4}$ C. milk	$\frac{1}{2}$ C. chopped pecans	
$\frac{1}{2}$ C. melted butter	1 t. cinnamon	
	6 marshmallows	

Combine ingredients, having egg well beaten. Place in buttered baking dish, arrange cut marshmallows over top or cover with meringue and bake in a slow oven 25 minutes.

Nell Dooley.

800 PROVED PECAN RECIPES

Sweet Potato Puff	6 sweet potatoes 1/4 C. cream	2 T. butter 1 t. cinnamon 1/2 C. chopped pecans
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Boil potatoes in salted water, mash, and add other ingredients. Bake in buttered baking dish until brown.

Mrs. W. W. Howell.

Tomato Croquettes	2 tomatoes 2 C. bread crumbs 2 eggs	1 t. onion juice 1 t. salt 2 C. grated pecans
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Combine ingredients, omitting one egg white. Shape into croquettes, dip in remaining egg white, then in bread crumbs, and cook in deep fat.

Mrs. Wm. Kelley.

Sweet Potatoes in Ramekins	6 sweet potatoes 1/2 C. milk 1/2 C. sugar 1 T. butter 1 t. salt	1/4 C. raisins 1/2 C. chopped pecans 1/4 t. cinnamon 1/4 t. nutmeg Mayonnaise
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Cook potatoes until tender, drain, and mash. Beat in the milk, sugar, butter, salt, raisins, pecans, cinnamon and nutmeg. Put in buttered baking dish and bake 20 to 30 minutes. Remove from oven, cover with marshmallows, sprinkle with cinnamon, and return to oven until marshmallows soften.

Mrs. E. A. Wells.

Tomato Balls	2 C. bread crumbs 2 C. cooked tomatoes 2 eggs	1 T. chopped onion 1 t. salt 1 C. chopped pecans
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Combine bread crumbs with pecans, onion, salt, and beaten eggs. Form into small balls, place in buttered baking dish, cover with tomatoes, and bake 30 minutes.

Icel Alward.

PECAN ENTREES

$\frac{1}{4}$ C. butter	$\frac{1}{4}$ C. sugar	Sweet Potato
2 C. mashed sweet potatoes	1 egg	with Raisins
$\frac{1}{2}$ C. cane syrup	$\frac{1}{2}$ C. milk	
$\frac{1}{2}$ t. allspice	$\frac{1}{4}$ C. chopped pecans	
$\frac{1}{2}$ t. cinnamon	$\frac{1}{2}$ C. raisins	
	$\frac{1}{4}$ t. cloves	

Melt the butter in a skillet. Combine ingredients, adding beaten egg last. Pour the mixture into the hot pan with the butter, stirring until heated. Place the skillet in a moderate oven and bake until crusted around the edge and top. Turn under and let another crust form. Repeat this twice, allowing the last crust to remain on the top and edges.

Mrs. C. A. Cooper.

2 C. cooked sweet potatoes	$\frac{1}{2}$ C. raisins	Sweet Potato
1 t. salt	$\frac{1}{2}$ C. chopped pecans	Soufflé
2 t. powdered sugar	2 egg whites	
2 T. cream	1 $\frac{1}{2}$ T. butter	

Add salt, sugar and cream to potatoes. Beat thoroughly. Add pecans and chopped raisins. Fold in stiffly beaten egg whites. Pile lightly in buttered baking dish, brush with melted butter, and bake in a pan of hot water until light and well browned.

B. S. Leeds.

$1\frac{1}{4}$ C. strained tomatoes	1 onion	Tomato
2 T. butter	2 T. chopped green pepper	Rarebit
2 T. flour	$\frac{1}{2}$ C. grated cheese	
1 t. salt	1 C. milk	
$\frac{1}{8}$ t. paprika	$\frac{1}{2}$ C. chopped pecans	

Cook onion and pepper in butter. Add flour, seasoning, tomatoes, hot milk, and cheese. Add pecans just before removing from heat. Pour mixture over 4 slices of toast. Garnish with water cress.

Ida R. Lindsay.

800 PROVED PECAN RECIPES

Tomato Loaf with Cheese Sauce	1 C. chopped pecans 1 T. butter 2 C. bread crumbs ½ C. chopped celery	2 T. chopped onion 2 eggs 1 C. cooked tomatoes 1 t. salt
Cook pecans in butter until brown. Combine with other ingredients, beating eggs well. Bake in buttered baking dish 35 minutes. Serve with cheese sauce.		

Cheese Sauce

2 T. butter	½ t. salt
2 T. flour	½ C. grated cheese
	1 C. milk

Make white sauce and add grated cheese just before removing from heat.

Beulah Ricks.

Tomato and Rice Loaf	2 small onions 4 T. butter 1 C. cooked rice 2 C. tomatoes 1 C. bread crumbs	2 eggs 2 T. parsley 1 t. salt 1 t. Worcestershire Sauce ½ C. chopped pecans
Mashed potatoes		

Cook the onion in butter and add to rice and other ingredients, having eggs well beaten. Bake in a buttered baking dish with a covering of mashed potatoes.

Mrs. W. Baumgartner.

Devilled Eggs	4 eggs 1 T. butter 2 T. lemon juice	¼ t. Worcestershire Sauce 1 t. salt 2 T. grated pecans
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Hard cook eggs, peel, cut in half lengthwise, remove yolks, and mash. Add other ingredients and refill whites. Garnish with parsley.

Mrs. M. Carr.

PECAN ENTREES

2 C. tomatoes	1 t. salt	Tomato Gum'
2 T. green pepper	1 C. boiling water	
4 T. flour	$\frac{1}{2}$ t. Vegex	
4 T. water	2 T. chopped onion	
$\frac{1}{4}$ C. cheese	$\frac{1}{2}$ C. chopped pecans	

Toast

Heat tomatoes. Add paste of flour and water, green pepper, salt, and grated cheese. Cook slightly. Add Vegex to boiling water and combine with tomato mixture. Simmer. Butter toast and sprinkle with chopped onions and pecans, pour tomato mixture over toast and garnish with olives and parsley.

Mrs. Sarah Miller.

4 hard cooked eggs	1 T. chopped pickle	Stuffed Eggs
$\frac{1}{2}$ t. chopped onion	1 T. lemon juice	
2 T. grated pecans		

Remove shell. Cut eggs in halves lengthwise, remove yolks, and mash. Add other ingredients. Refill whites, and put halves together, holding them in place with toothpicks.

Mrs. Lucy K. Wilkes.

3 eggs	1 C. milk	Creamed
1 T. melted butter	$\frac{1}{2}$ t. salt	Eggs on
1 T. flour	6 slices of bread	Toast
	$\frac{1}{2}$ C. chopped pecans	

Hard cook eggs. Make a white sauce of the butter, flour, milk, and salt. Toast bread and arrange on a platter. Peel the eggs and slice on the toast. Add pecans to white sauce and pour over eggs and toast.

Mrs. A. M. Hill.

800 PROVED PECAN RECIPES

**Vegetable
Macedoine**

6 large carrots	2 T. butter
4 large potatoes	1 t. salt
1 C. milk	$\frac{1}{2}$ C. grated pecans
2 T. flour	Bread crumbs

Boil carrots until partly done. Peel, and cut into cubes. Peel and cut potatoes into cubes. Make white sauce of remaining ingredients, adding grated pecans just before removing from heat. Mix carrots and potatoes, arrange in buttered casserole in layers, alternating with white sauce. Cover with bread crumbs and brown in the oven.

D'Nola Freeman.

**Green Pepper
Omelet**

3 eggs	1 t. chopped onion
1 T. milk	1 T. chopped green pepper
1 t. salt	$\frac{1}{4}$ C. grated pecans

Separate eggs, beat yolks until creamy. Add salt, onion, and pepper. Fold in stiffly beaten whites, turn into buttered omelet pan. Cook over slow heat until set. Place in hot oven for four minutes. Turn out on platter, cover with pecans, fold over, and garnish with parsley.

Anna Caldwell.

Omelet

4 eggs	1 T. butter
4 T. warm water	4 T. grated pecans
	$\frac{1}{2}$ t. salt

Separate eggs, beat yolks slightly, and add water and salt. Beat whites stiff and combine with yolks. Melt butter in omelet pan, pour in omelet, lower heat, and cook very slowly until set. Put in hot oven until firm, sprinkle with grated cheese and turn out on platter.

Irene Hess.

PECAN ENTREES

4 eggs
1 C. milk
 $\frac{1}{2}$ t. salt

$\frac{1}{2}$ C. grated cheese
 $\frac{1}{2}$ C. grated pecans
2 T. butter

Golden Rod
Omelet

Sauce

2 C. cooked tomatoes
2 T. chopped onion

2 T. chopped parsley
2 T. chopped green pepper

Separate eggs, beat whites until stiff. Add yolks, beat slightly and add milk and salt. Turn into buttered omelet pan, cook over slow heat until set, place in hot oven until firm. Turn out on hot platter, with grated cheese and pecans in between. Serve with sauce. Cook onion, parsley and pepper in butter, add tomatoes, and pour over omelet. Garnish with parsley.

Maude Lundin.

1 C. vermicelli
3 T. butter
3 small onions
1 egg

1 C. bread crumbs
1 T. chopped parsley
 $\frac{1}{2}$ t. poultry seasoning
1 t. salt
 $\frac{1}{2}$ C. grated pecans

Vermicelli
Loaf

Cook vermicelli in boiling water until tender and rinse in cold water. Sauté onions in butter and add to vermicelli. Add well beaten egg, bread crumbs, parsley, seasoning, and pecans. Bake in buttered pan in moderate oven 1 hour. Serve with brown sauce.

Brown Sauce

2 T. butter
1 t. chopped onion
3 T. flour

$\frac{1}{4}$ t. salt
1 C. water
1 t. Vegex

Cook onion in butter, add flour and salt. Add water in which Vegex has been dissolved. Cook thoroughly and strain.

Bertha G. MacFadden.

800 PROVED PECAN RECIPES

Eggs in Nests

4 eggs	$\frac{1}{8}$ t. paprika
2 C. toasted crumbs	1 T. butter
2 T. melted butter	2 T. flour
$\frac{1}{2}$ t. salt	1 C. milk
$\frac{1}{2}$ C. chopped olives	$\frac{1}{2}$ t. salt
	$\frac{1}{2}$ C. chopped pecans

Hard cook eggs, and remove yolks. Chop whites, add other ingredients, and combine with white sauce made from the last five ingredients. Put in buttered ramekins, make depressions in centers for egg yolks, and heat in oven.

Mrs. Lucy Wakefield.

**Tomato and
Cheese
Omelet**

2 T. butter	1 T. butter
2 T. chopped onion	3 eggs
2 T. chopped parsley	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ t. salt	3 T. water
1 $\frac{1}{2}$ C. cooked tomatoes	6 T. grated cheese
	$\frac{3}{4}$ C. grated pecans

Melt 2 T. butter in skillet. Add onion, parsley, salt, and tomatoes. Simmer 15 minutes. Separate eggs, beat whites stiff, add yolks, water, and salt. Put in buttered omelet pan and cook over slow heat until set. Place in hot oven till firm. Remove to platter, sprinkle with grated cheese and pecans, spread with part of tomato mixture, fold over, and cover with remainder of mixture.

D. A. Simmerman.

CHAPTER X

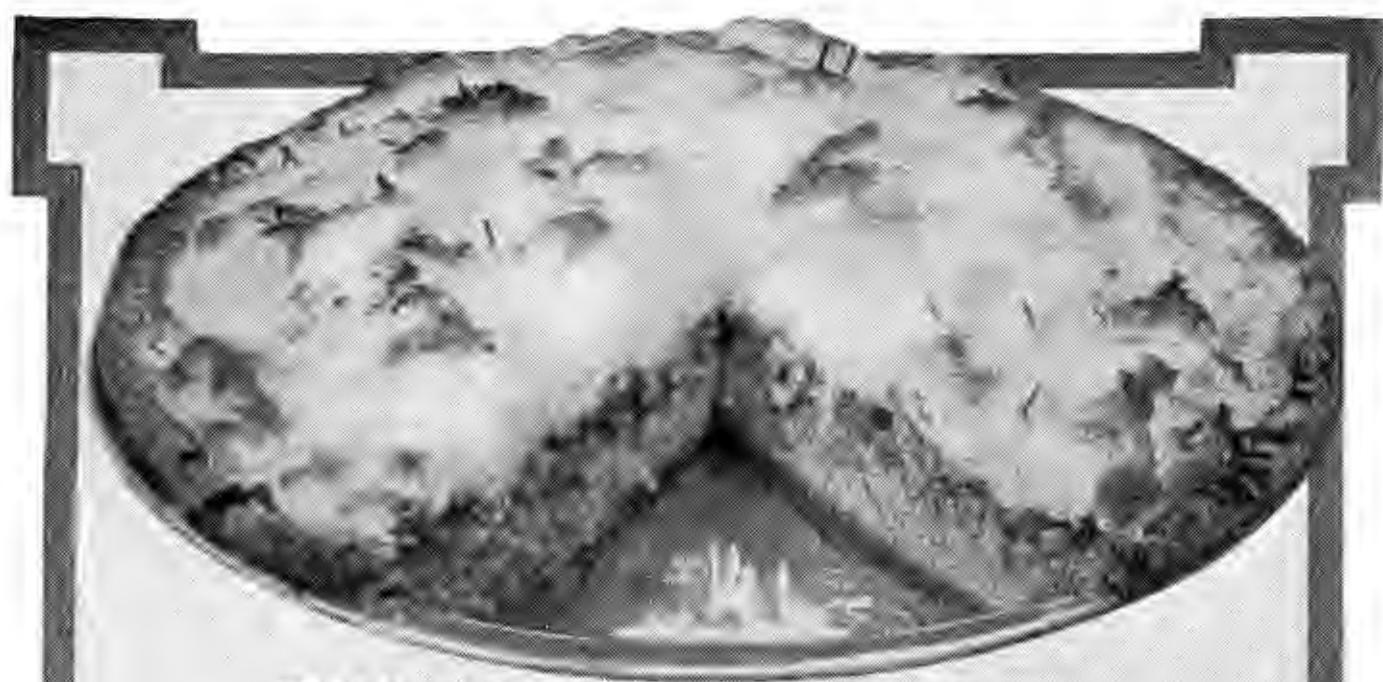
PECAN PIES AND PASTRIES

PIES

DUMPLINGS

PASTRIES

“Most men are better judges of good pie, than of finely embroidered table linen.”



PECAN AND COCOANUT CUSTARD PIE



PUMPKIN PIE
WITH PECANS

CHIFFON LEMON
PIE



PECAN PIES



PECAN
STRAWBERRY
PIE



PECAN CHEESE
STRAWS



PECAN
LEMON TART



PECAN
APPLE
DUMPLING



PECAN
CHANTILLY
TARTS



PECAN PASTRY

CHAPTER X

Pecan Pies and Pastries

Think of the best pie or pastry you ever tasted! Think of it so hard that you can feel the crackle of its flaky crust between your teeth, your mouth watering for more of the filling that seemed food fit for the gods.

Why should
They be
hard to
Digest?

What is that favorite pie of yours? Is it the Apple Strudel (or Apple Cake) of Pennsylvania and lower New York, with freshly sliced apples laid carefully on flaky crust, coated with sugar and cinnamon and with a rich custard filling every crevice?

Is it the fresh peach pie, or cherry pie of the fruit belts; the blackberry or huckleberry of mid-summer, or the cranberry pie of the Thanksgiving and Christmas season?

Every
Section
has its
Favorite
Pie

Do you share the New Englander's love for squash pie or "pumpkin" pie; or do you, with some southerners, class those pies, along with the Jerseyman's white potato custard, as only poor imitations of that southern delicacy—spicy, zesty sweet potato pie?

Did you ever taste pecan sweet potato custard?

Are you like the man from the middle states who said that he would turn vegetarian if it weren't that he would have to do without mince pie, "because every one knows that nothing like mince pie can be made without meat and suet." Marvel of marvels, it is possible to make a pie that would woo even the strongest advocate of mince pie away from his first love, a pie that contains no suet, no meat, that requires no whisky nor other alcohol to aid digestion and give it zest; yet which is made from Nature's selected fruit plus Nature's finest meat, the meats of the paper shell pecan.

Try this pecan raisin pie, and the other pecan pies and pastries in this chapter, and notice how easy it is to get hubby home in time for dinner. For, despite the talk about pies and pastries being difficult to digest, they are for some reason the average American man's best answer to the question, "What shall we have for dessert?"

A Few General Reminders

Pastry flour* and best quality butter, or equal quantities of butter and a vegetable fat, make best pastry. Combine by cutting fat with two knives into sifted flour, to which salt has been added, until the mixture resembles coarse meal. Add cold water slowly until the mass adheres

*See note on page 258

together, turn out on slightly floured board, cut off amount required for one crust, and roll lightly and *in one direction only*, until of desired thinness. Have ingredients cold, work lightly and rapidly with minimum amount of manipulation.

Keep in covered dish in refrigerator if not all used immediately.

If cooked filling is to be used, bake crust first by covering inverted pie pan with pastry, pricking with fork to allow escape of steam.

If filling is uncooked, glaze bottom crust with beaten egg white diluted with one tablespoon of water, to prevent heaviness. Bake 30 to 45 minutes in hot oven, using temperatures as given in standard temperature chart for different varieties of pies.

Meringues should be made from chilled egg whites beaten on platter with egg whip or egg whisk until dish can be inverted without mixture falling off. Mix sugar and cream of tartar in proportion of two tablespoons sugar and one-eighth teaspoon cream of tartar for each egg white and add to egg whites, slowly beating in from below. Bake 15 minutes in cool oven.

Plain Pastry

1½ C. pastry flour*	¼ C. butter
½ t. salt	¼ C. vegetable fat
	¼ C. (approx.) ice water

Have ingredients cold. Sift salt and flour, cut in shortening with two knives. Add water slowly until mixture sticks together. Turn out on floured board and roll lightly on one side and in one direction only. Use ungreased pie plate—glass pie plates are preferred by many.

*One objection to whole wheat flour for pie crust comes from the fact that the particles of bran in it make it very difficult to roll out and handle, without pulling the crust apart.

PECAN PIES AND PASTRY

4 apples
¾ C. water
½ C. sugar
1 C. raisins

½ C. pecans
Grated rind of 1 lemon
1 T. lemon juice
1 t. butter

Apple and
Raisin Pie

Cut apples into eighths, and cook with water and sugar until transparent. Drain, add raisins, pecans, lemon, and butter. Bake in a pastry shell with strips of pastry across the top.

Mary Lemos.

1 egg
1 C. brown sugar
3 T. flour
1 C. milk
3 T. water

2 T. butter
¼ t. salt
1 t. vanilla
1 C. chopped pecans
Powdered sugar

Butterscotch
Pie

Combine egg yolk, sugar, flour, milk, water, butter, salt, and vanilla. Cook in double boiler until thick. Add pecans and pour in pie crust. Make meringue of egg white and powdered sugar and spread on top of pie. Brown in oven.

Mrs. Paul Wagner.

1 C. buttermilk
1 C. sugar
2 egg yolks
1 T. butter
1 T. lemon juice

1 t. cloves
1 t. cinnamon
½ C. raisins
½ C. chopped pecans
2 T. flour

Buttermilk
Pie

Combine ingredients and cook in double boiler until thick. Pour in baked crust, cover with meringue, and brown in oven.

Meringue

2 egg whites 2 T. sugar
 ¼ t. vanilla

Add sugar and vanilla to stiffly beaten egg whites.

Mrs. E. T. Boynton.

800 PROVED PECAN RECIPES

Apple Pie	4 sour apples 3 eggs $\frac{1}{3}$ C. butter	$\frac{1}{3}$ C. sugar $\frac{1}{3}$ C. chopped pecans $\frac{1}{4}$ t. nutmeg
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Cook the apples until soft. Rub through colander. Add beaten eggs, butter, sugar, pecans, and nutmeg. Bake between two crusts.

Frances Reynolds.

Apple Dumplings	4 apples $\frac{1}{2}$ C. sugar $\frac{1}{2}$ t. cinnamon	1 C. dates or prunes $\frac{1}{2}$ C. chopped pecans 2 T. sugar
	Pastry	

Pare and core apples. Sprinkle with sugar and cinnamon and fill with fruit. Cut pastry in 6 inch squares. Wrap each apple, dip in egg and roll in pecans and sugar. Bake, and serve with cream.

Grace H. Thornton.

Blueberry Pie	1 C. sugar 1 t. flour 2 eggs	3 C. blueberries 1 C. grated pecans 1 T. powdered sugar $\frac{1}{4}$ t. vanilla
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Combine sugar, flour, and egg yolks. Add blueberries, and pecans, and pour in an unbaked pastry shell. Dot with butter and bake. Cover with meringue made from the stiffly beaten egg whites, sugar, and vanilla. Brown in hot oven.

Guarner Gray Jones.

Banana Cream Pie	$\frac{1}{2}$ C. sugar $4\frac{1}{2}$ t. flour $\frac{1}{8}$ t. salt $1\frac{1}{2}$ C. milk	2 eggs $\frac{1}{2}$ t. vanilla 2 bananas $\frac{1}{3}$ C. chopped pecans
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Cook first four ingredients in double boiler until thick and creamy. Pour into slightly beaten egg

PECAN PIES AND PASTRY

yolks and return to fire for a moment. Remove and add vanilla. Slice bananas in a baked shell. Cool the cream and pour over the bananas. Sprinkle pecans over the cream and cover with a meringue. Brown in oven.

Mrs. T. V. Baird.

6 apples
¾ C. sugar
½ C. water

½ C. dates
½ C. chopped pecans
Butter

Apple and
Date Pie

Pare, core, and halve the apples. Cook sugar and water to a syrup. Cook apples in syrup until transparent. Wash, stone, and chop dates. Line a pie plate with paste, put in a layer of dates and pecans. Cover with halves of apples, then the rest of dates and pecans. Add remaining syrup, dot with butter, cover with a top crust, and bake in a moderate oven.

Mrs. J. S. Robb.

1 ½ C. flour
½ t. salt
3 t. baking powder

6 T. shortening
4 C. cherries
¼ C. grated cheese
1 C. chopped pecans

Cherry Pie

Sift dry ingredients together. Cut in shortening and add enough water to make a stiff dough. Roll out very thin on a well floured board. Line patty pans with pastry. Bake in a hot oven 15 minutes. Fill with cherries, cheese, and nuts, and cover with hot syrup.

Syrup

½ C. sugar
½ C. cherry juice

2 C. boiling water
1 T. cornstarch

Combine ingredients and cook until thick, stirring constantly. Pour over the tarts. Serve hot or cold.

Mrs. Pearl Oleslager.

800 PROVED PECAN RECIPES

**Cheese
Straws**

1 C. flour	$\frac{3}{4}$ C. butter
1 t. salt	$\frac{1}{2}$ C. grated pecans
1 C. grated cheese	Milk

Mix and sift flour and salt. Add cheese, cut in butter, add pecans and enough milk to make mixture of the consistency to roll. Roll out, cut in strips, and bake in a moderate oven.

Mrs. E. J. Phelps.

**Chocolate
Pie**

9 T. grated sweet chocolate	$\frac{1}{4}$ C. grated pecans
2 C. milk	1 T. butter
3 T. sugar	2 T. sugar
2 T. cornstarch	1 t. orange juice
2 eggs	2 T. grated pecans

Melt chocolate over hot water. Pour scalded milk over melted chocolate, add sugar and bring to a boil. Add moistened cornstarch, well beaten yolks of eggs, pecans, and butter. Cook for 2 minutes. Pour the custard in an unbaked pie crust and bake 15 minutes. Beat the egg whites until stiff, add sugar, orange juice and grated pecans. Cover pie with meringue and brown in oven.

Eleanor Moran.

**Cranberry
Pie**

$\frac{2}{3}$ C. chopped raisins	1 T. flour
1 C. chopped apples	$\frac{1}{2}$ t. cinnamon
1 C. chopped cranberries	$1\frac{1}{4}$ C. sugar
$\frac{1}{3}$ C. chopped pecans	Butter
	1 T. hot water.

Put a small amount of hot water over the raisins and let steam for 2 or 3 minutes. Then add to apples, cranberries, and pecans. Put the mixture in a pie crust. Mix flour, cinnamon and sugar. Scatter bits of butter generously over the fruit, sprinkle over the sugar mixture. Add hot water, cover with an upper crust and bake in a moderate oven.

Mrs. M. M. Rose.

PECAN PIES AND PASTRY

1 C. cooked carrots	$\frac{1}{4}$ t. mace	Carrot Pie
$\frac{1}{2}$ C. brown sugar	$\frac{1}{4}$ t. nutmeg	
1 egg	$\frac{1}{4}$ t. salt	
1 C. milk	$\frac{1}{2}$ t. vanilla	
$\frac{1}{4}$ t. cinnamon	$\frac{1}{2}$ T. butter	
	$\frac{1}{3}$ C. chopped pecans	

Put carrots through colander, and add remaining ingredients, having the egg well beaten. Bake in a pastry shell until set. When cold, top with whipped cream or ice cream.

Mrs. Fred Whitney.

$\frac{1}{2}$ C. butter	3 eggs	Chess Pie
1 C. brown sugar	$\frac{1}{2}$ T. thick cream	
	$\frac{1}{2}$ C. grated pecans	

Cream butter and sugar, add well beaten egg yolks, whipped cream, and pecans. Cover with a meringue made from the egg whites, and bake in a pastry shell.

Irene F. Grover.

Juice and grated rind of 1 lemon	5 T. sugar	Chiffon
5 T. water	1 T. water	Lemon Pie
3 eggs	2 T. grated pecans	
	6 T. powdered sugar	

Add lemon juice and grated rind to water and boil. Beat egg yolks well and add 5 T. sugar and 1 T. water. Stir boiling lemon juice and water slowly into egg yolks. Return to double boiler and cook until thick. Cool. Beat 2 egg whites very stiff and add 4 T. powdered sugar. Fold into other mixture and pour into baked crust. Brown slightly in oven, remove and add meringue made from remaining egg white, sugar, and pecans. Return to oven to brown slightly.

Mrs. Hannah Breckenridge.

800 PROVED PECAN RECIPES

**Cocoanut
Custard Pie**

3 eggs	2 C. milk
$\frac{3}{4}$ C. sugar	$\frac{1}{4}$ t. salt
1 T. melted butter	1 can cocoanut
	1 $\frac{1}{2}$ T. grated pecans

Beat the eggs. Gradually add sugar, butter, milk, salt, and cocoanut. Pour into a pie shell and bake in a moderate oven.

**Fruit Butter
Pie**

2 eggs	$\frac{1}{2}$ C. chopped pecans
1 C. fruit butter	$\frac{1}{2}$ C. milk
	1 T. sugar

Beat yolks of eggs and add fruit butter, pecans and milk. Bake in a pastry shell. When done, cover with a meringue made of the stiffly beaten egg whites and sugar. Brown in oven.

Emma J. Dunham.

Custard Pie

2 C. cream	$\frac{1}{8}$ t. salt
2 eggs	1 t. vanilla
$\frac{1}{4}$ C. sugar	$\frac{1}{4}$ C. chopped pecans

Scald cream and pour over slightly beaten eggs. Add remaining ingredients, and pour mixture into unbaked pie crust. Bake.

Anita Knabe.

**Fig
Pastries**

1 C. chopped figs	Grated rind and juice of 1 lemon
$\frac{1}{2}$ C. sugar	1 T. orange juice
$\frac{1}{2}$ C. chopped pecans	1 t. melted butter
1 T. flour	

Mix ingredients and beat well. Cut pastry in 4 inch squares, put a T. of the mixture on $\frac{1}{2}$ of each square, fold the other half over, and press the edges together. Bake in a moderate oven.

Marie Eulalie Moran.

PECAN PIES AND PASTRY

1 C. dates	1 T. flour	Date Pie
1 C. milk	2 T. sugar	
2 eggs	1 T. butter	
	½ C. chopped pecans	

Chop dates, cover with water, and cook in double boiler until soft. Rub through a coarse strainer. Add milk, well beaten egg yolks, flour, sugar, melted butter, and pecans. Pour in a pie crust and bake 20 to 25 minutes in a moderate oven. Cover with a meringue made from the egg whites and 2 T. sugar. Brown in oven.

Clara H. Fenton.

2 eggs	¼ t. nutmeg	Date Spice
¾ C. sugar	¼ t. allspice	Pie
1 C. sour cream	¼ t. cloves	
½ T. bread crumbs	½ C. dates	
¼ t. salt	½ C. chopped pecans	
1 t. cinnamon	½ C. cocoanut	

Beat eggs well. Add sugar, cream, bread crumbs, salt, spices, chopped dates, pecans, and cocoanut. Pour into a pie crust, sprinkle top with cocoanut and bake in a slow oven.

Mrs. J. B. Porter.

1 pt. heavy cream	½ C. candied cherries	Chantilly
½ C. sugar	6 dates	Tarts
2 t. vanilla	3 slices candied pineapple	
¼ t. salt	1 C. chopped pecans	

Pastry baskets

Chill the cream and whip. Add sugar, vanilla, salt, chopped fruit, and pecans. Make baskets of plain pastry over large muffin tins. Braid 3 strips of pastry for handles and shape over custard cups. Fill pastry baskets with the cream and garnish with whole candied cherries.

Reba A. Hobbs.

800 PROVED PECAN RECIPES

Mince Pie I	2 C. chopped tart apples ½ C. raspberry preserves 1 C. chopped pecans ½ C. raisins ½ t. cinnamon	½ t. allspice ½ t. salt ¾ C. brown sugar 2 T. butter ¼ C. lemon juice
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Cook ingredients together slowly for 1 hour, adding butter and lemon juice during last 5 minutes of cooking. Bake between two crusts.

Mrs. C. Klein.

Mince Pie II	1 C. chopped tart apples ½ C. raisins ¾ C. sugar ¼ C. chopped pecans	½ t. cinnamon ¼ t. cloves ¼ t. nutmeg ¼ t. salt ½ C. sour cherries
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Combine ingredients and bake between two crusts.

Mrs. J. G. Gilbert.

Cream Pie	¾ C. sugar ⅔ C. flour ¼ t. salt ½ C. cold milk	2 C. hot milk 2 eggs 1 C. chopped pecans ½ t. vanilla 2 T. powdered sugar
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Mix sugar, flour, salt, and cold milk until smooth. Add to hot milk, stirring constantly until mixture thickens. Cook in double boiler 20 minutes. Add beaten egg yolks and cook 2 minutes. Add pecans and vanilla and pour into baked crust. Mix stiffly beaten egg whites with powdered sugar and spread over top. Sprinkle with pecans and brown in oven.

Mrs. Grace Roop.

PECAN PIES AND PASTRY

1 small can shredded pineapple	1 C. sugar	Pineapple Meringue Pie
3 T. cornstarch	$\frac{1}{2}$ t. salt	
$\frac{1}{4}$ C. water	2 egg yolks	
1 lemon, rind and juice	1 T. Crisco	
	$\frac{1}{2}$ C. pecans	

Put pineapple in double boiler. Mix cornstarch with water. Add to pineapple and stir until thick. Add grated lemon rind, sugar, and salt. Cover, cook 15 minutes. Beat egg yolks light, add to pineapple. Add Crisco and lemon juice. Cook about 2 minutes longer. Cool. Turn into baked shell, cover with

Meringue

Chill 2 egg whites. Beat until dry and stiff. Beat in 4 T. sugar. Spread over pie. Return to oven to brown.

1 C. brown sugar	1 $\frac{1}{2}$ C. cooked pumpkin	Pumpkin Pie
$\frac{1}{2}$ t. salt	3 eggs	
1 t. ginger	2 $\frac{1}{4}$ C. milk	
1 t. cinnamon	$\frac{1}{2}$ C. grated pecans	
	1 T. melted butter	

Mix sugar, salt, and spice. Add pumpkin, eggs, milk, pecans, and butter. Pour into an uncooked pastry shell and bake slowly 1 hour.

Sadie G. Ragsdale.

$\frac{1}{2}$ C. raisins	$\frac{1}{2}$ egg	Fruit Pie
$\frac{1}{4}$ C. water	$\frac{1}{2}$ t. flour	
$\frac{1}{2}$ C. sugar	1 C. chopped pineapple	
	$\frac{1}{4}$ C. chopped pecans	

Cook raisins in water until tender. Add other ingredients, stirring carefully until the mixture is thoroughly cooked through. Pour in a pastry shell, cover with top crust, and bake.

Mrs. Frank P. Davis.

800 PROVED PECAN RECIPES

Grape Fruit Meringue Pie	1 C. sugar 5 T. cornstarch $\frac{3}{4}$ C. grapefruit pulp and juice	1 $\frac{1}{4}$ C. boiling water $\frac{1}{4}$ t. salt 2 egg yolks Grated rind of 1 orange $\frac{1}{2}$ C. grated pecans
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Mix sugar, cornstarch, and part of grapefruit pulp and juice. Add boiling water and salt. Stir until thick and smooth. Cook 10 minutes more in double boiler, then add rest of grapefruit. Beat yolks of eggs with orange rind and add to cornstarch mixture. Cook 2 minutes. Add grated pecans. Remove, and pour into baked crust. Cover with meringue and brown slowly.

Cheese Strips	$\frac{1}{3}$ C. grated cheese 1 T. butter 2 T. milk	2 T. flour $\frac{1}{8}$ t. paprika $\frac{1}{8}$ t. salt 2 T. grated pecans
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Cream cheese and butter. Add milk, and mixed and sifted dry ingredients. Knead till smooth. Roll thin and cut into strips 6 inches long and 1 inch wide. Bake on a buttered sheet in a hot oven until brown.

Miss Winona Howard.

Mexican Praline Pie	1 C. sugar $\frac{1}{2}$ C. boiling water $\frac{1}{4}$ C. flour $1\frac{1}{2}$ C. orange juice 1 T. butter	2 eggs 1 t. vanilla $\frac{1}{8}$ t. salt 1 C. chopped pecans 2 T. powdered sugar
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Melt sugar and cook until a dark brown. Add water and cook until sugar is dissolved. Add flour, orange juice, butter, and beaten egg yolks, and cook until thick. Add vanilla, salt, and pecans. Pour into baked pastry shells. Cover with a meringue made of egg whites and powdered sugar.

Myrtle Mischke.

PECAN PIES AND PASTRY

1 egg	$\frac{1}{2}$ C. sugar	Pumpkin
$1\frac{1}{2}$ C. cooked pumpkin	$\frac{1}{2}$ t. cinnamon	Meringue Pie
1 C. milk	$\frac{1}{2}$ t. nutmeg	
	$\frac{1}{2}$ t. salt	

Beat egg and add remaining ingredients. Mix well and pour in unbaked pie crust. Bake. When cold, and ready to serve, top with the following:

1 pt. whipped cream	$\frac{1}{2}$ C. cubed marshmallows
$\frac{1}{2}$ C. diced pineapple	$\frac{3}{4}$ C. chopped pecans

To the whipped cream add pineapple, marshmallows, and pecans. Mix together, and serve on pie.

Mrs. G. E. Canten.

1 C. plums	2 egg whites	Plum Pie
1 C. sugar	$\frac{1}{4}$ t. salt	
1 egg yolk	$\frac{1}{2}$ C. sugar	
$\frac{1}{2}$ C. chopped pecans	$\frac{1}{8}$ t. vanilla	

Combine chopped plums with sugar, egg yolk, and pecans. Bake in a baked pastry shell for 10 minutes in a very slow oven. Cover with meringue made of stiffly beaten egg whites, salt, sugar, and vanilla. Brown in oven.

Antoinette E. Ford.

Sliced peaches	Seeded grapes	Fresh Fruit
Sliced pears	$\frac{1}{2}$ C. sugar	Pie
Plums	1 T. butter	
	$\frac{1}{2}$ C. grated pecans	

Line a deep pastry dish with crust. Fill with pared and sliced peaches, pears, plums, seeded grapes, and sugar. Dot with butter. Bake until fruit is tender. When cool, cover with a meringue into which the pecans have been beaten. Brown in oven.

Myrtie H. Cover.

800 PROVED PECAN RECIPES

**Maple
Custard
Pie**

2 eggs	$\frac{1}{2}$ t. salt
2 C. milk	$\frac{1}{4}$ C. maple syrup
	$\frac{1}{2}$ C. chopped pecans

Beat the eggs. Add remaining ingredients and pour in pie shell and bake.

Mrs. Geo. Johnson.

**Fruit
Pastries**

1 C. raisins	$\frac{1}{2}$ C. chopped pecans
$\frac{1}{2}$ C. dates	$\frac{1}{2}$ C. sugar
	4 T. lemon juice

Chop fruit and pecans, add sugar and lemon juice. Cut pastry in squares. Put a tablespoon of the mixture on each square. Wet edges, fold over to form triangles, prick holes with fork on upper side, and bake in hot oven.

Grace Thornton.

Molasses Pie

$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ t. salt
2 T. butter	1 t. almond extract
2 eggs	1 C. white Karo syrup
2 T. flour	$1\frac{1}{2}$ C. chopped pecans

Cream butter and sugar, add beaten eggs, flour, salt, extract, and syrup. Stir well. Add pecans, pour in a crust and bake $\frac{1}{2}$ hour in a moderate oven.

Mrs. Gus. O. Selbensen.

Lemon Pie

$\frac{1}{2}$ C. butter	1 T. lemon juice
1 C. sugar	1 T. orange juice
3 eggs	1 C. chopped pecans
	2 T. sugar

Cream butter and sugar, add egg yolks one at a time, fruit juice, pecans, and 2 stiffly beaten egg

PECAN PIES AND PASTRY

whites. Pour in an unbaked crust and bake in a moderate oven 30 minutes. Cover with meringue made with remaining egg white and 2 T. sugar, and return to oven to brown.

Fedora Creutzman.

1 C. sugar	3 eggs	Pineapple Pie
2 T. cornstarch	1 T. butter	
1 C. cream	1 C. shredded pineapple	
	¼ C. chopped pecans	

Cream the sugar and cornstarch. Add cream, eggs, melted butter, and pineapple. Cook in a double boiler until thick. Add pineapple juice and pecans. Pour in a baked crust and cover with whipped cream or meringue.

Mrs. Louis E. Raisler.

1 C. cooked rhubarb	1 C. sugar	Rhubarb Pie
2 T. flour	2 egg yolks	
	½ C. chopped pecans	

Cook the rhubarb, flour, sugar, and egg yolks until thick. Stir in the pecans and pour into a baked crust. Cover with meringue and bake until brown.

Mrs. N. H. Ragland.

½ C. butter	Cinnamon	Spiced Cheese
1 cream cheese	Sugar	Straws
1 C. flour	2 C. chopped pecans	

Knead butter, cheese and flour together. Roll out thin and sprinkle with cinnamon, sugar, and nuts. Fold over several times, cut into pieces about 1½ inches wide and bake in floured pan.

Mrs. Julius Peritz.

800 PROVED PECAN RECIPES

Orange Pie

$\frac{2}{3}$ C. sugar	1 C. orange juice
2 $\frac{1}{2}$ T. flour	$\frac{1}{2}$ C. chopped pecans
1 $\frac{1}{2}$ t. butter	6 T. sugar
2 eggs	$\frac{1}{2}$ t. lemon flavoring

Combine sugar, flour, butter, egg yolks, and orange juice. Cook over hot water until thick. Cool, and add chopped pecans. Pour into a baked pastry shell and top with a meringue, using egg whites, sugar, and flavoring. Brown in oven.

Theresa Lessmeister.

Prune Pie

$\frac{1}{2}$ lb. prunes	Whipped cream
Cold water	Chopped pecans

Cover prunes with cold water and soak overnight. Cook until tender, remove pits, and sweeten to taste. Beat to a smooth paste, turn into a baked crust, and brown in the oven. Cover with whipped cream and sprinkle the top with chopped pecans.

Mrs. Mae Buckner.

Raisin Tarts

3 C. flour	1 C. sugar
1 t. baking powder	Grated rind of 1 lemon
$\frac{1}{4}$ t. salt	Chopped pecans
1 C. butter	Chopped raisins
3 egg yolks	Chopped citron

Sift flour, baking powder and salt together, and cut in butter. Beat the egg yolks with the sugar, flavor with lemon rind, and add this mixture to the flour. Knead lightly to a stiff dough. Roll out on floured board $\frac{1}{4}$ inch thick and cut into rounds. Line tins with the rounds of pastry and fill with pecans, raisins, and citron chopped together. Cover with strips of pastry and bake in hot oven.

Mary E. Rippman.

PECAN PIES AND PASTRY

2 T. butter	2 T. milk	Strawberry
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ qt. strawberries	Pie
1 egg	1 C. powdered sugar	
1 C. flour	$\frac{1}{2}$ pt. heavy cream	
1 t. baking powder	2 T. powdered sugar	
$\frac{1}{4}$ t. salt	$\frac{1}{2}$ C. grated pecans	

Cream butter and sugar. Add well beaten egg, mixed and sifted dry ingredients, and milk. Roll $\frac{1}{4}$ inch thick, line a pie pan, and bake in a hot oven. When cold, fill with sweetened strawberries. Cover with whipped cream sweetened with powdered sugar. Sprinkle with pecans.

Anna Hall.

2 C. cooked sweet potatoes	1 $\frac{1}{2}$ C. milk	Sweet Potato
2 eggs	1 t. cinnamon	Pie
2 T. butter	$\frac{1}{2}$ t. ginger	
$\frac{1}{4}$ C. sugar	$\frac{1}{2}$ t. salt	
	$\frac{1}{2}$ C. chopped pecans	

Put potatoes through a vegetable ricer. Beat eggs with sugar and butter until light. Add milk, potatoes, seasoning, and pecans. Turn into a pastry shell and bake until firm. Serve with whipped cream.

Mrs. J. R. Barsalow.

2 C. raisins	1 T. grated orange rind	Raisin Pie I
1 $\frac{1}{2}$ C. boiling water	1 T. grated lemon rind	
$\frac{1}{2}$ C. sugar	3 T. orange juice	
2 T. cornstarch	2 T. lemon juice	
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ C. chopped pecans	

Cook raisins in boiling water for 5 minutes. Add to sugar and cornstarch. Cook until thick. Remove from fire and add other ingredients. Bake between 2 crusts or omit top crust and decorate with pastry strips and pecans.

Mrs. Dale Bracewell.

800 PROVED PECAN RECIPES

Raisin Pie II	$\frac{1}{2}$ C. raisins $\frac{1}{3}$ C. butter $\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. chopped pecans 3 T. milk 2 eggs
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Cook raisins for a short time in water to cover them. Do not drain. Add butter, sugar, pecans, milk, and well beaten egg yolks. Bake in a crust. Cover with a meringue made of the stiffly beaten egg whites, and brown.

Mrs. Alice Williams.

Lemon Tarts	3 T. butter $\frac{1}{2}$ C. sugar 3 eggs	Juice and grated rind of 1 lemon 1 C. grated pecans Pastry shells
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Cream butter and sugar. Add well beaten eggs, lemon juice, and rind. Cook slowly in double boiler until mixture is consistency of honey. Cool, add pecans, and fill tart shells. Cover with meringue or whipped cream.

Guarner Gray Jones.

CHAPTER XI

PECAN SALADS

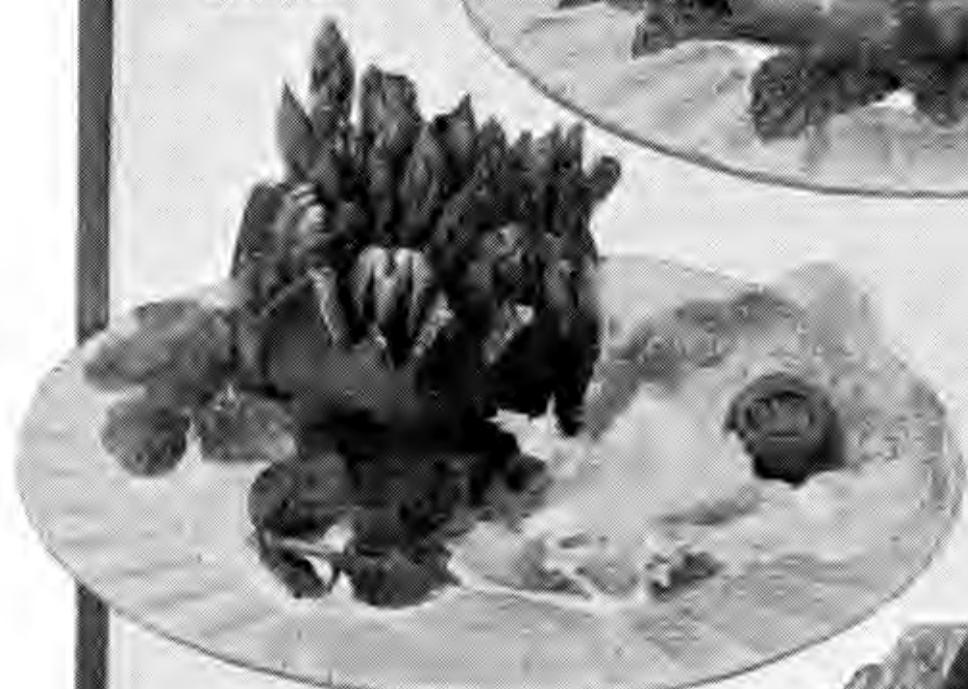
**FRUIT
VEGETABLE
JELLIED
SALAD DRESSINGS**

*“He that follows
Nature is never out
of his way.”*

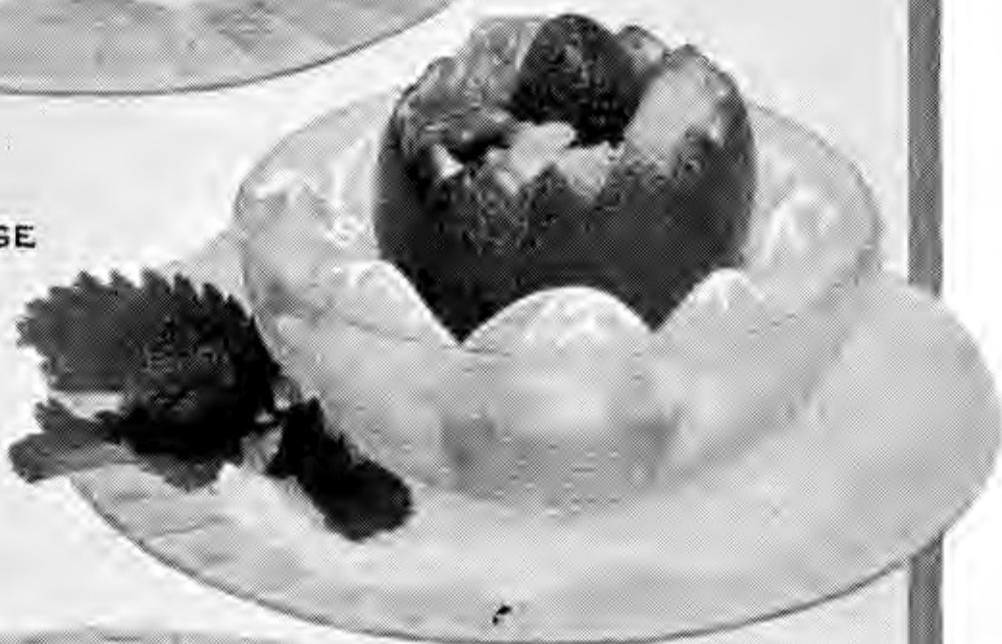
FROZEN
PIMENTO
CHEESE
AND PECAN
SALAD



PECAN AND
ASPARAGUS
STUFFED
TOMATO
SALAD



PECAN ORANGE
CUP



KEYSTONE
PECAN
SALAD



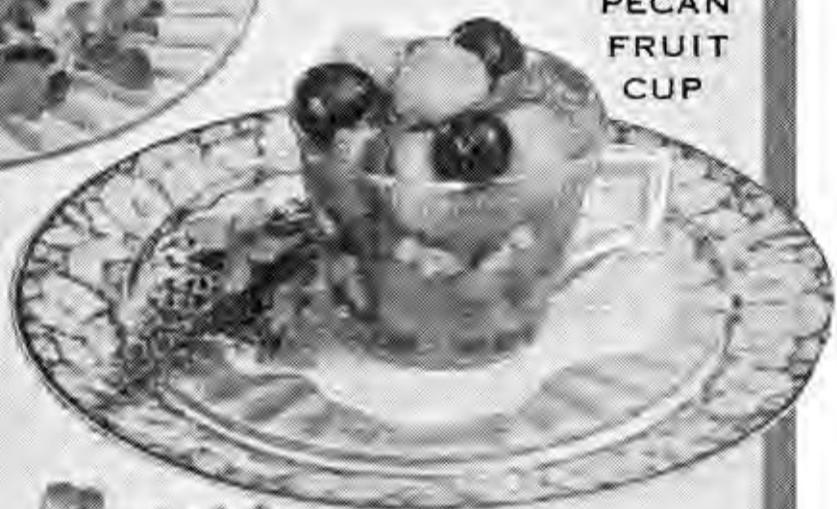
PECAN SALADS



PECAN
LOG CABIN
SALAD



PECAN AND APPLE
SANDWICH SALAD



PECAN
FRUIT
CUP

PECAN MINT
JELLY SALAD



PECAN SALADS



**Meet the
Demand for
Uncooked
Foods**

CHAPTER XI

Pecan Salads

The increasing use of salads in the daily diet keeps pace with the greater interest in food study and the greater knowledge of food values. As Dr. Kellogg points out in his book, Colon Hygiene, uncooked foods are more proof against destructive bacteria in the process of digestion and their use therefore leads to better health and avoidance of intestinal ailments.

In addition, fruits and vegetables eaten raw, provide valuable minerals, vitamins and cellulose and in no way are they so appealing to the appetite as in salads. But in general there is a grave lack in salads of protein and fat, unless you use the only concentrated source of protein and fat in purest form which it is safe to eat raw—pecan meats.

**The Safe
Source of
Uncooked
Fat and
Protein**

Greens of great variety are available—lettuce, endive, watercress, escarole, pepper grass and romaine are preferred in various districts and at various seasons; but the pecan is needed the year 'round to make the salad a complete, balanced food. Use the recipes in this chapter; or try adding pecans to your own favorite salads to increase their food value. Greens must be well washed, crisp, cold and dry.

Salad dressings should be made of best oils obtainable, olive oil being most nutritious. The

use of condiments, vinegar and mustard is practically omitted in these recipes. Lemon juice, a beneficial acid, is substituted for vinegar, which is injurious in action.

Combine salads quickly from prepared materials, chill, and serve at once.

PECAN SALADS

4 red apples	Stuffed olives	Apple Bloom
Celery	Green mayonnaise	Salad
Chopped pecans	Lettuce	

Core bright red apples, leaving enough of the core at the base to hold the apple intact after being slashed into 8 sections to fall apart just enough to suggest a flower. Fill the centers with a mixture of pecans, celery, and olives. Top with green mayonnaise. Place the apples in a nest of lettuce.

Edna Pearl Wert.

Red apples	Salad dressing	Apple
Cottage cheese	Lettuce	Sandwich
Nutmeg	Pecan halves	Salad

Wash and core apples. Cut in round slices. Put together sandwich fashion with cottage cheese salted to taste, and sweetened and seasoned with nutmeg. Serve on lettuce leaves. Garnish with pecans and pour salad dressing over all.

E. Grace Nolte.

4 bananas	$\frac{3}{4}$ C. heavy cream	Flip Cups
2 oranges	4 peaches	
1 C. grated pineapple	Small bottle maraschino	
1 C. toasted pecan halves	cherries	
$\frac{1}{2}$ C. sugar		

Dice bananas. Add chopped oranges, pineapple and half the cup of pecans. Add sugar and half the beaten cream. Fill peach halves with this mixture. Add enough cherry juice to whipped cream to give pinkish tint. Top peach halves with cream. Make flower petals on the cream with the remaining half cup of pecans. Use a cherry for the center.

Mrs. Jack Fields.

800 PROVED PECAN RECIPES

**Asparagus
Salad**

2 T. gelatine	$\frac{3}{4}$ C. grated cheese
6 T. cold water	1 C. chopped pecans
$\frac{1}{2}$ C. hot water	1 C. whipped cream
1 can asparagus tips	Paprika

Dissolve gelatine in cold water. Add hot water and let cool. Rub asparagus tips through sieve. Add other ingredients, beat thoroughly, and congeal in molds.

Mrs. Mamie Schnell.

**Asparagus
Stuffed
Tomatoes**

4 tomatoes	$\frac{1}{2}$ C. chopped pecans
1 bunch asparagus tips	Mayonnaise dressing

Remove pulp of the tomatoes. Fill cavity with tender asparagus tips and pecans marinated with mayonnaise. Serve on a crisp lettuce leaf and top with thick mayonnaise and pecans.

Mrs. H. A. Hobble.

**Green Pea
Salad**

2 C. cooked peas	Mayonnaise
1 pimento	1 t. salt
$\frac{1}{2}$ C. chopped pecans	2 hard cooked eggs
	Lettuce

Mix peas, chopped pimento, and pecans with enough mayonnaise to hold it together. Add salt. Line salad dish with crisp lettuce leaves and pile the mixture in the center. Then place the sliced hard cooked eggs around the edge.

Mrs. L. M. Rankin.

**Frozen
Pineapple
Salad**

$\frac{1}{2}$ pt. whipped cream	$\frac{1}{2}$ C. chopped pecans
$\frac{1}{2}$ C. mayonnaise	$\frac{1}{2}$ C. pineapple

Combine ingredients and freeze. Pack until hard, and serve on lettuce leaves.

Florence K. Bishop.

PECAN SALADS

$\frac{1}{2}$ t. gelatine	$\frac{1}{2}$ C. marshmallows	Iced Fruit
Hot pineapple juice	1 t. powdered sugar	Salad
$\frac{1}{3}$ C. boiled salad dressing	2 T. lemon juice	
$\frac{2}{3}$ C. whipped cream	1 T. cherry juice	
$\frac{3}{4}$ C. pineapple	$\frac{1}{2}$ C. apricots or peaches	
$\frac{1}{4}$ C. maraschino cherries	$\frac{1}{2}$ banana	
	$\frac{1}{2}$ C. chopped pecans	

Dissolve gelatine in hot pineapple juice. Chop fruit and marshmallows. Combine all the ingredients. Mold and pack in ice.

Mrs. Pearl Harmon.

1 orange	1 egg yolk	Fruit
Juice of $\frac{1}{2}$ lemon	3 bananas	Cocktail
Pineapple juice	4 slices pineapple	
2 T. water	1 small bottle maraschino	
$\frac{1}{2}$ C. sugar	cherries	
1 T. cornstarch	$\frac{1}{2}$ C. chopped pecans	

Put juice of 1 orange and $\frac{1}{2}$ lemon in a cup, and fill the cup with pineapple juice. Add water and sugar and heat. Mix cornstarch with water, add beaten egg yolk and add to heated mixture. Stir until thick and smooth. Slice orange, bananas, and pineapple, add cherries, and mix with salad dressing and pecans.

Mrs. Frank Den Beste.

$\frac{3}{4}$ C. watermelon "marbles"	$\frac{1}{2}$ C. chopped pecans	Fruit Cup
$\frac{3}{4}$ C. cantaloupe "dice"	1 T. sugar	
$\frac{1}{2}$ C. peach "matches"	$\frac{1}{4}$ C. orange juice	

Cut watermelon in marbles with a French vegetable cutter. Cut cantaloupe in $\frac{1}{2}$ inch dice and the peaches in match-like strips. Combine the fruit and pecans, sprinkle with sugar and pour the orange juice over this. Stand on ice 3 hours at least and serve.

Mrs. Wm. M. Jones.

800 PROVED PECAN RECIPES

**Frozen
Cheese Salad**

$\frac{1}{4}$ lb. cream cheese	$\frac{1}{2}$ C. stiffly beaten cream
$\frac{1}{4}$ C. grated pecans	2 T. lemon juice
1 pimento	2 T. chopped green pepper
	2 T. chopped celery

Put cheese through food chopper with pecans and pimento. Fold in the cream, lemon juice, green pepper, celery, and season with salt. Put into molds and pack in salt and ice. Let stand for 4 hours. Slice, and serve on lettuce leaves with French dressing.

Mrs. Paul D. Tillett.

**Cucumber
Boat Salad**

4 cucumbers	$\frac{1}{4}$ C. chopped pecans
1 C. cottage cheese	Lettuce leaves
	Salad dressing

Peel cucumbers and place in salted water for short time. Then carve each cucumber so that it is a mere shell resembling a boat. Mix cottage cheese with pecans and $\frac{1}{4}$ C. chopped cucumber pulp. Fill cucumber boats with the mixture, set on crisp lettuce leaves, and serve with salad dressing.

Mrs. K. Skobis.

Glace Salad

$\frac{1}{2}$ T. gelatine	1 t. horseradish
2 T. cold water	$\frac{1}{2}$ minced green pepper
$\frac{1}{4}$ C. boiling water	4 chopped stuffed olives
1 C. chopped pecans	2 T. mayonnaise
	1 C. whipped cream

Soften gelatine in cold water, then dissolve in boiling water. Mix other ingredients, except the cream, and stir in gelatine. Fold in the cream, pack in a mold, and let stand 2 hours or more. Serve on lettuce.

Mrs. Herb Wood.

PECAN SALADS

$\frac{1}{2}$ C. cottage cheese $\frac{1}{4}$ t. paprika
1 t. salt 4 T. minced water cress
 2 T. chopped pecans

Cottage
Cheese and
Watercress
Salad

Combine cheese, salt, paprika and watercress, mix thoroughly, and make into small balls. Roll in chopped pecans and serve on lettuce.

Florence Tignor Fraim.

1 pkg. pimento cheese $\frac{1}{2}$ C. chopped pecans
3 oz. stuffed olives $\frac{1}{2}$ C. whipped cream
 4 slices of pineapple

Frozen
Pimento
Cheese Salad

Combine mashed cheese, chopped olives, pecans, and whipped cream. Place in a mold and freeze. When frozen, unmold, slice, and place on a round of pineapple. Garnish with whipped cream and pecans.

Mrs. A. J. Dennig.

1 T. gelatine 1 C. gingerale
 $\frac{1}{2}$ C. cold water $\frac{1}{2}$ C. pecans
 $\frac{1}{2}$ C. hot water $\frac{1}{2}$ C. chopped apples
 $\frac{1}{4}$ C. sugar $\frac{1}{2}$ C. chopped celery
 $\frac{1}{4}$ C. crystallized ginger

Gingerale
Salad

Dissolve gelatine in cold water. Add hot water and sugar and allow to cool. When partially congealed, add the ginger ale, nuts, apples, celery and ginger. Serve on lettuce leaves with mayonnaise.

Mrs. L. M. Rankin.

3 cucumbers 1 C. chopped green olives
3 hard cooked eggs $\frac{1}{2}$ C. chopped pecans

Cucumber
Salad

Dice cucumbers and hard cooked eggs. Add olives and nuts. Serve in hearts of lettuce leaves and garnish with mayonnaise dressing.

Mrs. D. B. Barnes.

800 PROVED PECAN RECIPES

Grape Salad

White or green grapes Pecans
 Mayonnaise

Select large white or light green grapes with tender skin. Remove them from the stem, wash, and take out the seeds, taking care to preserve the shape of the grape. Fill the center with pecan kernels. Arrange on lettuce leaves and serve with mayonnaise.

Lois Lush.

**Frozen
Fruit Salad**

1 t. gelatine	1 ½ C. fruits—bananas, 1 T. cold water pineapple, oranges, ½ C. mayonnaise dressing peaches ½ C. whipped cream ½ C. chopped pecans
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Soak gelatine in cold water and dissolve over hot water. Add to mayonnaise and cream. Fold in fruit and pecans. Pack in sealed cans. Freeze, using 2 parts of ice to 1 part of salt.

J. A. Dunn.

Bean Salad

1 can kidney beans	3 cubed celery stalks
4 chopped sour pickles	½ C. cabbage
6 stuffed olives	½ C. chopped pecans
2 chopped onions	French dressing

Mix ingredients and combine with French dressing.

Helen Dorsett.

Beet Salad

1 pkg. lemon Jello	½ C. chopped pecans
1 small bottle stuffed olives	1 C. chopped beets

Prepare Jello and add olives, pecans, and beets. Mold, and serve on lettuce with mayonnaise.

Mrs. L. H. Stethers.

PECAN SALADS

4 bananas	1 egg	Banana Salad
Chopped pecans	1 T. sugar	
12 dates	Lettuce	

Cut 6 balls from each banana with vegetable cutter or a teaspoon. Dip them in beaten egg white mixed with sugar, and roll in chopped pecans. Cut oval pieces from trimmings and use to stuff the dates. Arrange in lettuce nests and serve with maple syrup salad dressing.

Dressing

$\frac{1}{4}$ C. maple syrup	$\frac{1}{8}$ t. paprika
3 egg yolks	$\frac{1}{2}$ T. lemon juice
$\frac{1}{4}$ t. salt	$\frac{1}{2}$ C. heavy cream

Heat syrup to boiling point. Pour slowly over well beaten egg yolks, beating constantly. Cook 1 minute, stirring all the time. Remove from fire, cool, and add salt, paprika, and lemon juice. Just before serving, add the stiffly beaten cream.

Mrs. A. D. Brown.

2 C. shredded cabbage	2 chopped pimentoes	Cabbage Salad
1 C. sliced cucumbers	$\frac{1}{2}$ C. mayonnaise	
$\frac{1}{2}$ C. chopped pecans		

Salt the cabbage and cucumbers. Mix and let stand $\frac{1}{2}$ hour. Drain salt water off. Combine ingredients with mayonnaise and pecans.

Nettie Bergman.

$\frac{1}{4}$ can apricots	Juice and pulp of $\frac{1}{2}$ orange	Frozen Salad
$\frac{1}{4}$ can pineapple		
$\frac{1}{4}$ can white cherries	Juice of $\frac{1}{4}$ lemon	
$\frac{1}{4}$ C. chopped pecans		

Mix ingredients and freeze 3 hours in molds. Cut in slices and serve with mayonnaise.

Mrs. W. E. Rowe.

800 PROVED PECAN RECIPES

Canton Salad

4 red apples	$\frac{3}{4}$ C. chopped pecans
$\frac{1}{4}$ lb. crystallized ginger	Mayonnaise

Cut off tops of apples. Core and hollow out. Chop the apple taken from the shells and add ginger and pecans. Mix with mayonnaise and refill apple shells. Chill and serve.

Mrs. J. B. Haltz.

Combination Salad

$\frac{1}{4}$ C. lemon juice	3 halves of pears
$1\frac{1}{4}$ C. fruit juice	$\frac{1}{2}$ banana
1 T. gelatine	$\frac{1}{2}$ orange
3 T. cold water	$\frac{1}{4}$ C. marshmallows
$\frac{1}{4}$ C. sugar	1 egg
$\frac{1}{2}$ can pineapple	$\frac{3}{4}$ C. whipped cream
$\frac{1}{2}$ bottle maraschino cherries	$\frac{1}{2}$ C. chopped pecans

Boil the fruit juices. Dissolve gelatine in cold water and add to boiling fruit juices. Let cool, add fruit, sugar, marshmallows and well beaten egg. When it starts to set, add whipped cream and pecans. Place in ice box until set. Serve on lettuce leaves.

Gladys Gorham.

Cottage Cheese Salad

Cottage cheese	Mayonnaise
Celery hearts	Paprika
Pecans	Stuffed olives

Make cones by packing small ice cream dippers with a layer of cottage cheese around the inside. Chop fresh celery hearts and pecans fine, mix with mayonnaise and fill the remaining space in cones. Turn the screw of the dipper so that the contents will lie on a bed of lettuce. Dust with paprika, and garnish with stuffed olives.

Agnes M. Fink.

PECAN SALADS

2 C. diced celery
6 chopped radishes
6 chopped olives

1 C. chopped pecans
2 diced hard cooked eggs
Mayonnaise

Cooked beets

Celery Salad

Blend ingredients well. Arrange in mounds in nests of head lettuce. Pour over each portion 1 T. dressing and garnish with grated egg yolk and beet.

Mrs. Harold R. Peterson.

1 C. cold potatoes, cubed
1 C. chopped celery
4 hard cooked eggs

1 C. chopped pecans
Cream salad dressing
 $\frac{1}{2}$ t. salt
 $\frac{1}{4}$ t. paprika

Celery and
Potato Salad

Combine potatoes, celery, egg whites cut in strips, pecans, salad dressing, salt, and paprika. Place on a round platter, garnish with a wreath of small, crisp head lettuce leaves, and sift hard boiled egg yolks on top of the mound.

Mispah Yankie.

1 pt. cranberries
1 C. sugar
1 C. water

1 T. gelatine
 $\frac{1}{2}$ C. cold water
 $1\frac{1}{2}$ C. diced celery
2 C. chopped pecans

Cranberry
Salad

Cook cranberries with sugar and water until the berries are soft. Press the juice through a sieve. Soften gelatine in $\frac{1}{2}$ C. cold water and add to the hot cranberry juice, and stir until gelatine is dissolved. Pour a layer into a mold and when it is firm add a layer of celery and nuts. Repeat, having the last layer of jelly. When cold, cut in squares and serve with mayonnaise. Garnish with seeded Malaga grapes and crisp lettuce.

Mrs. Glen F. Stewart.

800 PROVED PECAN RECIPES

**Grapefruit
Baskets**

2 grapefruit	6 pear halves
2 oranges	1 C. chopped pecans
1 lb. white grapes	$\frac{1}{2}$ C. maraschino cherries
	Cream mayonnaise

Cut a medium-sized grapefruit in the form of a basket. Remove pulp from basket and also from remaining grapefruit. Peel oranges, remove tough membrane from sections. Remove seeds from grapes. Chop pecans, grapefruit and cherries. Fill basket with cream mayonnaise, place in center of salad dish, surround with salad mixture and pears. Use lettuce leaves as border.

Mrs. J. G. Hess.

Daisy Salad

4 slices pineapple	1 C. pecans
1 cream cheese	Salad dressing

Use pecan kernels as centers for cheese balls about $1\frac{1}{2}$ inches in diameter. Roll balls in grated pecans. Put a T. of salad dressing on a lettuce leaf and place 3 cheese balls on the mayonnaise. Cut pineapple rings into 8 sections. Lay the sections of the pineapple around these balls to look like daisies.

H. S. Boyd.

Fairy Salad

$\frac{3}{4}$ C. diced bananas	$\frac{1}{2}$ C. chopped pecans
$\frac{3}{4}$ C. white grapes	$\frac{3}{8}$ C. maraschino cherries
$\frac{3}{4}$ C. diced pineapple	$\frac{1}{2}$ C. salad dressing
$\frac{3}{4}$ C. diced marshmallows	1 C. whipped cream

Combine fruit, marshmallows and pecans. Dilute dressing with whipped cream. Serve on lettuce and garnish with cherries.

Mrs. D. L. Miller.



TRUTH
SAGE

PECAN SALADS

1 cucumber
5 T. cream cheese
2 t. thick dressing

1 t. salt
 $\frac{1}{4}$ C. grated pecans
Lettuce

Cucumber and
Cheese Salad

Cut cucumber in half cross-wise. Scoop out seeds and pulp. Fill cavity with cream cheese moistened with salad dressing and salted. Press halves together firmly. Form remaining cheese into balls $\frac{1}{2}$ inch in diameter and roll in pecans. Peel cucumber, score with a silver fork and chill. Cut in $\frac{1}{4}$ inch slices, place on lettuce leaves, garnish with cheese balls, and serve with salad dressing.

Mrs. M. J. Walsh.

$\frac{1}{2}$ can grated pineapple
Juice of $\frac{1}{2}$ lemon
 $\frac{3}{8}$ C. sugar
1 egg

$\frac{1}{2}$ t. cornstarch
 $\frac{1}{2}$ C. whipped cream
1 C. chopped pecans
 $\frac{1}{4}$ lb. marshmallows
3 bananas

Cream Fruit
Salad

Drain pineapple. Add lemon juice, sugar, and well beaten egg to the pineapple juice. Add the cornstarch and cook in a double boiler until thick. Set aside to cool. When ready to serve, add whipped cream. Combine pineapple, pecans, chopped marshmallows and bananas and mix with the dressing.

Mrs. J. R. Mitchell.

1 pkg. dates
 $\frac{1}{2}$ C. chopped pecans

1 cream cheese
1 small bottle cherries

Date Salad

Remove stones from dates and fill with a mixture of pecans and cheese. Serve on lettuce leaves. Top with cherry and dot with mayonnaise dressing.

Mrs. W. F. Richardson.

800 PROVED PECAN RECIPES

Egg Salad

6 diced hard cooked eggs	1 small diced celery stalk
1 C. chopped pecans	1 t. salt
1 small bottle stuffed olives	Mayonnaise

Combine ingredients and mix thoroughly with mayonnaise. Serve on lettuce leaf, garnish with mayonnaise and sprinkle lightly with paprika.

Mrs. U. P. Brown.

**Fresh Fruit
Salad**

1 C. whipped cream	$\frac{1}{2}$ T. gelatine
Paprika	1 T. cold water
1 t. salt	1 C. chopped pecans
1 C. mayonnaise	$\frac{3}{4}$ C. fresh peaches
	$\frac{3}{4}$ C. raspberries

Add paprika and salt to whipped cream and mix with mayonnaise. Dissolve gelatine in cold water, and heat over hot water. Add pecans, chopped fruit and berries, and gelatine to first mixture. Mould, chill, and serve without dressing on a bed of shredded lettuce.

Mrs. Wm. M. Jones.

**Keystone
Salad**

$\frac{1}{2}$ C. chopped pecans	1 head of lettuce
$\frac{1}{2}$ C. chopped celery	4 stuffed olives
$\frac{1}{2}$ C. chopped apples	1 pimento
$\frac{1}{3}$ C. dressing	1 bunch parsley

Combine pecans, celery, and apples with the dressing. Slice lettuce through the heart. Allow 1 round of the lettuce for each service and place the salad on this in the shape of a keystone. Outline it with narrow strips of pimento and place the minced parsley on the outer edge of this. Place a stuffed olive, spray of parsley or slice of hard cooked egg in the center.

Mrs. T. A. Bridgers.

PECAN SALADS

4 tomatoes	1 hard-cooked egg	Luncheon
1 small cream cheese	French dressing	Salad
1 T. chopped parsley	Boiled dressing	
2 T. chopped pimentoes	½ C. chopped pecans	

Cut a slice from the stem end of each tomato. Remove a portion of the pulp from the center, sprinkle with salt and invert on ice. To a small, mashed cream cheese add parsley, pimentoes, and chopped white of egg. Blend with French dressing. Fill tomato cavities with the mixture. Arrange on lettuce and pour a T. of boiled dressing on top. Put yolk of egg through a sieve. Put a t. of fluffed egg yolk on top of dressing and sprinkle pecans on top.

Mrs. Sara Harman.

1 C. diced cucumbers	¼ C. shredded carrot	Cucumber and
1 C. diced celery	½ C. mayonnaise	Celery Salad
½ C. chopped pecans	2 tomatoes	
½ C. chopped green peppers	Crisp lettuce leaves	

Combine cucumbers, celery, pecans, pepper, and carrots with mayonnaise. Pare tomatoes and slice on lettuce leaves. Put a mound of salad mixture on each slice of tomato.

Anna V. Brown.

½ can grated pineapple	¾ C. cold water	Jellied
½ C. sugar	1 T. gelatine	Pineapple
Juice of 1 lemon	½ C. chopped pecans	Salad

Mix pineapple, sugar, lemon juice, and cold water and let come to boiling point. Dissolve gelatine in cold water and stir into first mixture. Just before it congeals thoroughly, add pecans. Serve with mayonnaise.

Mrs. M. Bass Brown.

800 PROVED PECAN RECIPES

Marshmallow Fruit Salad	3 bananas ½ C. white grapes 1 C. pineapple	½ orange ½ C. chopped pecans ¼ lb. marshmallows
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Cut bananas, grapes, pineapple, and orange into small cubes. Combine fruits with following salad dressing. Add nuts and cubed marshmallows just before serving.

Salad Dressing

2 egg yolks Juice of 1 orange	Juice of 2 lemons 1 T. flour 1 C. sugar
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Beat egg yolks with fruit juices. Add flour and sugar mixed together. Cook in double boiler until thick. Let cool and thin with cream.

Mrs. R. T. Wallace.

Loaf Cheese Salad	1 T. gelatine 2 T. cold water ¼ C. hot water ½ lb. cheese	3 hard cooked eggs ½ C. pimentoes 3 oz. stuffed olives ½ C. chopped pecans
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Dissolve gelatine in cold water. Add hot water. Put cheese, eggs and pimentoes through a food chopper. Add sliced olives and pecans. Combine with gelatine mixture and mold. When cold, slice and serve.

Bernice Lough.

Lima Bean Salad	1 can lima beans 2 stalks of celery ½ C. chopped pecans	1 onion 1 t. salt ¼ C. mayonnaise Pecan halves
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Combine ingredients, mix well, and serve on lettuce leaves. Garnish with pecan halves.

Ruth B. Benton.

PECAN SALADS

1 T. gelatine	1 1/2 C. celery	Jellied Celery
3 T. cold water	1 C. chopped pecans	Salad
1 C. mayonnaise dressing	Lettuce	
1/2 C. heavy cream	Paprika	

Soak gelatine in cold water. Dissolve over hot water. Add slowly to mayonnaise, and beat until well mixed. Fold in stiffly beaten cream, finely cut celery, and pecans. Season to taste. Turn into individual molds and chill. When ready to serve, turn out in nests of lettuce leaves and garnish with whole pecans and paprika.

Margie Thompson.

4 bananas	1/2 C. chopped pecans	Log Cabin
Orange juice	1 C. red cherries	Salad
1/2 C. chopped raisins	1 C. mayonnaise	

Peel and cut bananas in quarters. Divide in half lengths and soak in orange juice for half an hour. Place lettuce leaves on salad plates, arrange bananas log cabin style. Fill centers with the mixture of raisins, pecans, and cherries. Top with mayonnaise, and decorate with strawberries.

Mrs. J. W. Brown.

1/2 pkg. gelatine	1/2 C. chopped pecans	Jellied Egg
1 T. cold water	1/4 C. chopped pickled onions	Salad
1/2 C. hot water	2 T. lemon juice	
3 chopped hard cooked eggs	1/2 t. salt	
1/2 can chopped pimento	1/4 t. paprika	
1 chopped sweet pickle	1/2 C. mayonnaise	

Soak gelatine in cold water, add boiling water. Add eggs, pecans, pickles, pimento, onions, lemon juice, and seasoning. Let stand until cool. Stir in mayonnaise and chill. Serve on lettuce leaves.

Mrs. Wm. E. Osborne.

800 PROVED PECAN RECIPES

**Jellied Fruit
Salad**

2 T. gelatine	$\frac{1}{2}$ C. diced celery
1 C. crushed pineapple	$\frac{1}{2}$ C. chopped pecans
$\frac{1}{4}$ C. sugar	$\frac{1}{2}$ can Bartlett pears
2 apples	Paprika
	Pecan halves

Dissolve gelatine in 2 T. pineapple juice. Boil remaining juice from strained pineapple and add to gelatine. Add sugar. Mix diced apples, celery, pecans and half of pineapple. Pour over gelatine and mix thoroughly. Reserve a small amount of gelatine and put a spoonful in the bottom of each mold, then a half of pear, and fill up with mixed nuts and fruit. Serve on lettuce leaves with mayonnaise and garnish with pecan halves and paprika.

Mrs. J. J. Kandor.

**Jellied Apple
Salad**

1 pkg. lemon Jello	1 C. chopped tart apples
1 pt. boiling water	1 C. chopped pecans
1 t. lemon juice	1 C. chopped celery

Dissolve Jello in boiling water and lemon juice. Mix other ingredients and add to Jello. Cool in individual molds. Serve on lettuce with mayonnaise or French dressing.

Mrs. R. J. Foreman.

**Pineapple
Salad**

4 slices of pineapple	$\frac{1}{2}$ C. chopped pecans
1 small can pimentos	Mayonnaise dressing

Place a slice of pineapple on lettuce leaf. Cut pimentos in strips and place 5 strips on the pineapple, even distances apart, one end of strip at center and the other end at outer edge. Fill center of pineapple with chopped pecans. Place spoonful of mayonnaise on top of the nuts.

Mrs. L. B. Ray.

PECAN SALADS

1 T. gelatine	1 bunch fresh mint leaves	Mint Jelly
$\frac{1}{2}$ C. cold water	1 pt. lemon jelly	
1 C. boiling water	1 C. cooked peas	
$\frac{1}{4}$ C. lemon juice	$\frac{1}{2}$ C. chopped pimentos	
$\frac{1}{4}$ C. sugar	$\frac{1}{2}$ C. chopped pecans	

Soak gelatine in cold water for 5 minutes. Dissolve in boiling water, and add lemon juice and sugar. Let mint leaves stand in warm jelly until it is well flavored. Add a little green vegetable coloring if desired. Cool, and when almost on the point of congealing, add peas, pimento, and pecans. Turn into molds, and when ready to serve, turn onto crisp lettuce leaves and garnish with watercress and cheese balls.

Mrs. E. W. Williams.

2 oranges	$\frac{1}{4}$ C. chopped pecans	Orange
1 banana	$\frac{1}{2}$ pkg. cherry Jello	Jelly Cups
	Lettuce leaves	

Cut oranges in half. Take out centers and cut fine. Add bananas and pecans. Prepare Jello. When cold, add to mixture and fill orange cups. Chill and serve on lettuce leaves.

Mrs. E. Fulton.

1 pkg. lemon Jello	1 C. finely chopped pecans	Perfection
1 C. finely chopped cabbage	$\frac{1}{2}$ C. stuffed olives	Salad
1 C. finely chopped celery	Lettuce	
	Mayonnaise	

Prepare Jello. When cool, add remaining ingredients. Mix well and pour into mold. Place in refrigerator. When ready to serve, remove from mold, and cut into required portions. Serve on lettuce leaves with mayonnaise.

Hilda A. Kissner.

800 PROVED PECAN RECIPES

**Peach
Delight**

8 canned peach halves	$\frac{3}{4}$ banana
$\frac{1}{4}$ C. maraschino cherries	Mayonnaise
2 T. chopped pecans	Whipped cream

Thoroughly drain peaches. Make a filling of cherries, pecans and mashed banana, and add a small amount of mayonnaise. Place $\frac{1}{2}$ of the peach on a bed of crisp lettuce, put a spoonful of the filling in the half of peach and place the other half on top. Cover with mayonnaise and add a dash of whipped cream. Garnish with cherries.

Ivese L. Madison.

**Pistachio
Salad**

1 T. gelatine	Juice of $\frac{1}{2}$ lemon
$\frac{1}{4}$ C. cold water	$\frac{3}{8}$ C. sugar
1 C. boiling water	2 C. celery
Juice of 1 orange	1 C. chopped pecans
	Green coloring

Soak gelatine in cold water. Add boiling water and fruit juice. Color green with coloring. Add sugar and when entirely dissolved, strain. Pour into molds and when it begins to thicken, add pecans and celery.

Anita Knabe.

Pear Salad

4 slices of pineapple	4 T. orange pulp
4 pear halves	$\frac{1}{4}$ C. chopped pecans
4 T. grapefruit	1 C. cherries
	Whipped cream salad dressing

Make nests of heart leaves of lettuce. In each put a slice of pineapple, cover with half a pear and 1 T. each of grapefruit and orange pulp. Cover with pecan bits and garnish with cherries. Serve with mayonnaise to which whipped cream has been added.

Mrs. Jean Grief.

PECAN SALADS

$\frac{1}{2}$ T. gelatine	$\frac{1}{4}$ can sliced pineapple	Pineapple and
1 T. cold water	$\frac{1}{4}$ small bottle maraschino	Cherry Salad
$\frac{1}{4}$ C. hot water	cherries	
Juice of 1 lemon	$\frac{1}{2}$ grapefruit	
Juice of pineapple and cherries	$\frac{1}{4}$ C. chopped celery	
	$\frac{1}{4}$ C. chopped pecans	

Soak gelatine in cold water 5 minutes. Add hot water and fruit juice. Cool slightly, add chopped fruit, celery, and pecans. Mold.

Mrs. W. C. McCoy.

3 peaches	4 T. crushed ice	Patrician
3 plums	4 T. powdered sugar	Fruit
1 pear	4 T. currant juice	Cocktail
$\frac{1}{2}$ C. chopped pecans	4 T. raspberry juice	

Peel, seed, and cut peaches in quarters. Peel, seed and cut plums in halves. Add pears, peeled, cored, and cut in cubes, and pecans. Chill thoroughly and serve in shallow glasses with 1 T. crushed ice, 1 T. powdered sugar, 1 T. currant juice, and 1 T. raspberry juice in each glass.

Mrs. Jean Grief.

1 t. gelatine	1 t. salt	Shamrock
1 T. cold water	$\frac{1}{2}$ C. grated pecans	Salad
$\frac{1}{4}$ lb. pimento cheese	2 green peppers	
5 T. cream	Lettuce	

Soften gelatine in cold water and dissolve over hot water. Add this to the cheese which has been rubbed through a grater and made smooth and moist with cream. Add pecans. Stuff peppers with the mixture and place on ice. When cold, slice in thin rings and arrange on a bed of crisp lettuce. Serve with French dressing and place a pecan half on each ring.

Mrs. J. Gemeinhardt.

800 PROVED PECAN RECIPES

**Red Pear
Salad**

4 canned pear halves	1 T. chopped stuffed olives
2 T. cinnamon drops	Cream
1 Neufchatel cheese	Paprika
1 T. chopped pecans	Salt

Drain juice from pears. Add cinnamon drops to juice and boil until candies are dissolved. Add pears and simmer until they absorb the coloring. Drain from juice and chill. Mix cheese with pecans and olives, moisten with cream and add seasonings to taste. Roll in small balls. Serve half a pear and 4 cheese balls on lettuce leaf to each serving. Serve with mayonnaise dressing combined with a little whipped cream.

Mrs. Winifred Hubbard.

Rose Salad

4 slices of pineapple	1 large tomato
Pink mayonnaise	Pecan halves

Place a slice of pineapple on lettuce leaves arranged on individual service plates. Fill the hole in the center with mayonnaise. Place a thin slice of tomato on top of each pineapple slice. Press a pink mayonnaise rose on top of the tomato slice and arrange nuts to represent calyx leaves on the edge.

Flo Onida Williamson.

**Prickly Pear
Salad**

Lettuce	Whipped cream or salad
8 preserved pear halves	dressing
Pecans	

Turn out 2 halves of preserved pears with cut edges down on crisp lettuce. Cut pecans into narrow strips. Stick in straight rows until pear is completely covered. Fill halves with whipped cream or salad dressing.

Mrs. J. B. Mainella.

PECAN SALADS

2 green peppers
½ C. cream cheese

½ C. chopped pecans
Crisp lettuce leaves

Cheese-stuffed
Pepper Salad

Stuff peppers with a mixture of cheese and pecans. Chill, slice crosswise, and serve on lettuce.

Mary G. Gloster.

1 C. cooked peas
½ C. carrots
½ C. beets

1 tomato
½ C. chopped pecans
½ T. grated cheese
Mayonnaise

Mixed
Vegetable
Salad

Cube the carrots, beets, and tomato. Combine all the ingredients with mayonnaise and place about 2 T. on a crisp lettuce leaf on individual salad plates. Sprinkle with celery seeds and chopped parsley.

Mrs. James H. Davis.

4 cooked beets
1 C. chopped cabbage

½ C. chopped pecans
Dressing

Stuffed Beets

Remove centers from beets and arrange shells in lettuce leaves. Combine cabbage and pecans with mayonnaise and refill the beet cups. Sprinkle with finely cut beet pulp.

Mrs. Mabel E. Miller.

1 cucumber
1 t. salt
¼ t. onion juice
½ C. chopped celery

½ C. chopped pecans
Mayonnaise
4 pepper shells
Lettuce

Stuffed
Pepper Salad

Chop cucumber, add salt, and drain. When dry, add onion juice, celery, pecans, and mayonnaise. Fill pepper shells and chill. Serve on shredded lettuce.

Ida Holecamp.

800 PROVED PECAN RECIPES

**Potato
Salad I**

1 large head of lettuce	1 t. minced onion
3 C. diced cold potatoes	2 pickled beets
$\frac{1}{2}$ C. chopped pecans	Mayonnaise
	Chopped parsley

Wash, drain, and shred the lettuce. Arrange in a mound in the center of the salad dish. Mix potatoes, pecans, and mayonnaise, seasoned with onion, and place around the lettuce. Cut the pickled beets into cubes or fancy shapes and stand around the base of the lettuce mound. Pour a little mayonnaise over the lettuce and sprinkle with chopped parsley.

**Potato
Salad II**

8 medium sized potatoes	4 small pickles
1 green pepper	$\frac{1}{2}$ small onion
1 cooked beet	$\frac{1}{4}$ C. chopped pecans
1 hard-cooked egg	Lettuce leaves
	Mayonnaise

Chop the cold boiled potatoes, pepper, beet, egg, pickles, onion, and pecans. Moisten well with boiled dressing and press into small bowls or cups. Place on ice to chill. Turn out in nests of lettuce leaves and garnish with rosettes of heart leaves of lettuce.

Nelle Doneen.

**Potato and
Vegetable
Salad**

$\frac{1}{2}$ C. diced cooked potatoes	$\frac{1}{2}$ C. chopped celery
$\frac{1}{2}$ C. cooked peas	$\frac{1}{2}$ C. chopped apples
$\frac{1}{2}$ C. cooked corn	1 chopped onion
1 t. salt	$\frac{1}{2}$ C. chopped pecans
$\frac{1}{2}$ C. chopped cabbage	Dressing

Squeeze lemon juice over apples to keep them from discoloring. Mix all the ingredients together and combine with a salad dressing thinned with cream. Serve on lettuce.

Alma Martin.



PECAN POTATO SALAD



PECAN SANDWICHES



PECAN SALADS

Lettuce	Mayonnaise dressing	Star Vegetable
Asparagus tips	Olives	Salad
Peas	Radishes	
Cubed carrots	Pecans	
	Parsley	

Place lettuce leaves on round platter. Arrange asparagus tips on lettuce, radiating from the center with tips at the outer edge. Put a mound of peas in the center of platter and arrange carrots around peas in the shape of a star. Outline star with mayonnaise dressing and decorate with olives, radish roses, pecan halves, and parsley.

4 tomatoes	6 chopped ripe olives	Stuffed
$\frac{1}{2}$ C. chopped celery	$\frac{1}{2}$ C. chopped pecans	Tomato Salad
1 chopped onion	1 t. salt	
2 T. mayonnaise		

Pour boiling water over tomatoes and allow to stand 1 minute, drain, and peel. Hollow out the center and cut the pulp in small pieces. Mix with remaining ingredients and refill tomato shells, putting 1 t. of mayonnaise on top of each. Serve on lettuce leaves.

Mrs. H. A. Raybourne.

4 tomatoes	$\frac{1}{2}$ C. chopped pecans	Tomatoes
1 cucumber	$\frac{1}{2}$ t. salt	Stuffed with
1 celery heart	2 T. mayonnaise	Cucumber

Cut a slice from the stem end of each tomato. Remove the seeds and pulp, sprinkle with salt, invert, and let stand $\frac{1}{2}$ hour. Combine tomato pulp, chopped cucumber, celery, and pecans. Add salt and mayonnaise. Stuff tomato shells with mixture and serve on crisp lettuce leaves.

Thelma Crawford.

800 PROVED PECAN RECIPES

Tomato Jelly

2 C. thick tomato pulp	1 T. mushroom catsup
Bay leaf	$\frac{1}{4}$ pkg. gelatine
1 slice onion	$\frac{1}{4}$ C. cold water
1 stalk celery	Finely chopped cabbage
$\frac{1}{2}$ t. peppercorns	Chopped pecans
2 cloves	Finely chopped red pepper
1 t. salt	Mayonnaise

Cook tomato pulp, bay leaf, onion, celery, peppercorns, and cloves for 15 minutes. Season with salt and mushroom catsup. Soften gelatine in cold water and add tomato mixture. Strain into a wet ring mold. Unmold on serving dish, fill center with finely shredded cabbage, pecans, and pepper. Moisten with mayonnaise.

Mrs. C. W. Miller.

Tomato Shamrock Salad

4 green peppers	1 t. salt
Parsley	1 C. chopped pecans
6 tomatoes	Oil dressing

Place 3 rings cut from pepper on each plate in the shape of a shamrock with a piece of parsley between each ring. Chop tomatoes and peppers, add salt, pecans and dressing, and fill the pepper rings with the mixture.

Mrs. J. N. Esselstyn.

Tomatoes Stuffed with Celery

4 tomatoes	$\frac{1}{2}$ C. diced celery
$\frac{1}{2}$ C. chopped pecans	Mayonnaise
	Nasturtium leaves

Cut slice from stem end of tomatoes and scoop out pulp. Combine pulp with pecans, celery, and mayonnaise. Fill centers of tomatoes, chill well, and serve on bed of nasturtium leaves with 3 blossoms on side of plate.

Mrs. Wm. J. Stephen.

PECAN SALADS

4 tomatoes	1 C. grated pecans	Tomatoes Stuffed with Cheese
½ C. bread crumbs	¼ t. salt	
½ C. grated cheese	¼ t. paprika	

Cut a slice from the stem end of tomatoes and carefully remove pulp from center. Mix bread crumbs, cheese, tomato pulp, pecans, salt, and paprika. Add mayonnaise and refill tomatoes with the mixture. Serve on individual plates in lettuce cups. Garnish with mayonnaise and pecan halves.

Mrs. Chloe C. Grafton.

4 tomatoes	1 T. minced green pepper	Tomato Cocktail
Skin and chill tomatoes. Cut in small pieces, add 1 T. minced green pepper, drain, and serve with cocktail sauce.		

Cocktail Sauce

½ C. chopped pecans	1 T. Worcestershire sauce
½ C. tomato catsup	¼ t. salt
	¼ C. salad dressing

Chill and serve 2 T. over the tomato pepper in cocktail glasses.

Mrs. Wm. H. Martin.

4 tomatoes	½ C. chopped pecans	Tomatoes Stuffed with Lima Beans
1½ C. cooked lima beans	2 T. minced celery	
1 small grated onion	1 t. salt	
1 T. parsley	French dressing	

Cut a slice from the top of each tomato and remove the pulp. Combine beans, onion, parsley, pecans, celery, and seasoning. Mix with French dressing and refill tomatoes with the mixture.

Theresa Lessmeister.

800 PROVED PECAN RECIPES

Orange Cups

2 oranges	$\frac{1}{4}$ C. cherries
$\frac{1}{2}$ can pineapple	$\frac{1}{2}$ C. powdered sugar
1 banana	1 C. chopped pecans
	Strawberries

Chop fruit in small pieces. Fill orange shells. Alternate the layers of fruit with layers of sugar and pecans. Garnish with strawberries, add the following dressing, and chill:

1 T. maraschino liquid	2 T. lemon juice
$\frac{1}{2}$ C. granulated sugar	2 T. pineapple juice

Mrs. Charles E. Ford.

Uncooked Vegetable Salad

1 C. grated raw carrots	1 C. chopped pecans
1 C. crisp cabbage	Salad dressing
1 C. cubed apples	Lettuce leaves
	Pecan halves

Combine carrots, cabbage, apples, and pecans with desired salad dressing. Serve on lettuce and garnish with pecan halves.

D'Nola Freeman.

Vegetable Salad

1 C. shredded cabbage	$\frac{1}{2}$ pimento
1 C. chopped celery	$\frac{1}{2}$ green pepper
$\frac{1}{2}$ C. shredded lettuce	$\frac{1}{4}$ C. whipped cream
3 radishes	$\frac{1}{2}$ C. mayonnaise
$\frac{1}{2}$ T. grated onion	$\frac{1}{2}$ C. chopped pecans

Mix cabbage, celery, lettuce, radishes, onion, pimento, and pepper. Add a small amount of the mayonnaise which has been mixed with the whipped cream. Chill, and add pecans, and remaining salad dressing. Serve in lettuce nests. Sprinkle finely chopped pecans over the top. Decorate with a radish rose or pimento cut in bits.

Winifred M. Hubbard.

PECAN
CREAMS

PECAN
ROSE BUDS



PECAN SALADS

3 C. watermelon cubes	4 T. chopped pecans	Watermelon
Powdered sugar	4 T. raisins	Cocktail
Lemon juice	Mint leaves	

Cut balls from a melon with a potato cutter or cut in neat cubes. Sprinkle with powdered sugar and a little lemon juice. Add pecans and raisins. Chill, serve in cocktail glasses, and garnish with a sprig of mint.

Mrs. Wm. H. Martin.

1 shredded head of lettuce	$\frac{1}{8}$ lb. marshmallows	Watermelon
40 strips of watermelon	$\frac{1}{4}$ C. chopped pecans	Log Cabin
$\frac{1}{2}$ can crushed pineapple	1 C. whipped cream	Salad
	$\frac{1}{2}$ C. pecan halves	

Cut watermelon strips $3\frac{1}{2}$ inches long and $\frac{3}{8}$ inches wide each way to form a bar. Drain pineapple. Cut marshmallows in $\frac{1}{4}$ inch cubes. Chill cream and whip till stiff. Form lettuce as grass on the salad plates. Use 10 strips of watermelon for each salad. Form a log cabin on the lettuce with watermelon strips. Mix pineapple, marshmallows, and chopped pecans, and fill centers of cabins with mixture. Lightly pile whipped cream on top to form the roof. Put pecan halves in rows on roof.

Mrs. J. L. Diven.

1 C. mayonnaise	$\frac{1}{4}$ C. grated toasted pecans	Mayonnaise
Toast and grate pecans and add to mayonnaise.		Dressing

Iven L. Madison.

800 PROVED PECAN RECIPES

Boiled Salad Dressing	2 egg yolks ½ t. salt ½ T. sugar 1 T. flour	¾ C. milk ¼ C. lemon juice 2 T. butter ¼ C. grated pecans
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Beat egg yolks in the inner portion of a double boiler. Add salt, sugar and flour, and stir until well blended. Add milk, lemon juice and butter. Cook until the mixture begins to thicken, stirring constantly. Remove from heat, add pecans, and cool at once.

Fruit Dressing	¼ C. cherry juice ¼ C. pineapple juice ¼ C. lemon juice ⅓ C. sugar	½ t. salt 2 eggs ½ pt. whipped cream ¼ C. grated pecans
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Mix cherry, pineapple, and lemon juice, sugar, and salt. Boil 3 minutes, remove from stove, beat in eggs well, add juice, put back on stove, and cook till it coats a spoon. When cool, add whipped cream and nuts.

Mrs. Henry Matthews.

Fluffy Mayonnaise Dressing	1 egg yolk ½ t. sugar ½ t. salt ½ T. Worcestershire sauce	1 T. lemon juice 1 C. olive oil 1 T. boiling water 1 egg white 1 T. grated pecans
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Beat egg yolk well. Add sugar, salt, Worcester-shire Sauce, and lemon juice, and beat well. Add olive oil first by teaspoonfuls and then tablespoon-fuls, beating constantly and rapidly. When all the oil has been used, add boiling water. Chill, and fold in stiffly beaten egg white and pecans.

PECAN SALADS

1 C. grated pecans	$\frac{1}{2}$ C. currant jelly	Cream Jelly
1 C. mayonnaise	Juice of $\frac{1}{2}$ lemon	Dressing
	1 C. whipped cream	

Pound pecans to a paste. Add mayonnaise, jelly, lemon juice and whipped cream.

Mrs. J. Bartel.

1 green pepper	$1\frac{1}{2}$ C. olive oil	French
1 red pepper	$\frac{1}{2}$ C. lemon juice	Dressing
1 onion	$\frac{1}{2}$ C. sugar	
$\frac{1}{2}$ C. grated pecans	2 t. salt	

Chop peppers and onion very fine, add pecans, and put in a glass fruit jar. Pour in the oil, lemon juice, sugar and salt. Fasten the top on the can and shake vigorously until thick.

Mrs. D. S. Weeks.

2 egg yolks	Juice of 1 lemon	Fruit Salad
3 T. sugar	1 T. butter	Dressing
Juice of 1 orange	1 C. whipped cream	
	$\frac{1}{2}$ C. grated pecans	

Beat egg yolks with sugar. Add orange and lemon juice. Cook in double boiler until thick. Add butter. When cold, add whipped cream to mixture and whip again. Add pecans.

Cora Fischer.

2 T. tomato catsup	2 T. mayonnaise	Russian
2 T. chili sauce	1 T. water	Dressing
2 T. tomato juice or	1 hard-cooked egg yolk	
1 T. lemon juice and	2 T. grated pecans	

Combine ingredients and chill.

Thomas J. Scanlon.

800 PROVED PECAN RECIPES

Sauce Tartare	2 T. capers 2 T. olives 2 T. gherkins 1 C. mayonnaise	1 T. parsley $\frac{3}{4}$ T. onion juice 2 T. grated pecans
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Chop capers, olives, gherkins, and parsley very fine. Add onion juice and pecans and fold into mayonnaise.

Thousand Island Dressing	1 onion 2 cold cooked beets 1 hard-cooked egg $\frac{1}{2}$ C. mayonnaise	1 T. chili sauce 1 C. grated pecans 3 T. heavy cream $\frac{1}{2}$ t. salt 1 t. sugar
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Chop onion, beets, and eggs until very fine. Combine with mayonnaise, chili sauce, pecans, and heavy cream. Mix until well blended, add salt and sugar. Mix thoroughly and chill.

Mrs. Wm. M. Jones.

Vegetable Dressing	4 hard-cooked eggs $\frac{1}{2}$ pt. sour pickles 1 onion $\frac{1}{4}$ C. grated pecans	$\frac{1}{2}$ can pimento 1 pt. catsup 2 t. paprika 1 C. mayonnaise
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Chop eggs, pickles and onion and combine with remaining ingredients.

Mrs. Oakes K. Ames.

CHAPTER XII

PECAN SANDWICHES AND RELISHES

FRUIT SANDWICHES

VEGETABLE SANDWICHES

CANAPÉS

RELISHES

“Now, good digestion wait on appetite, and health on both”

CLUB SANDWICH
WITH PECANS



CLUB SANDWICH
WITH PECANS



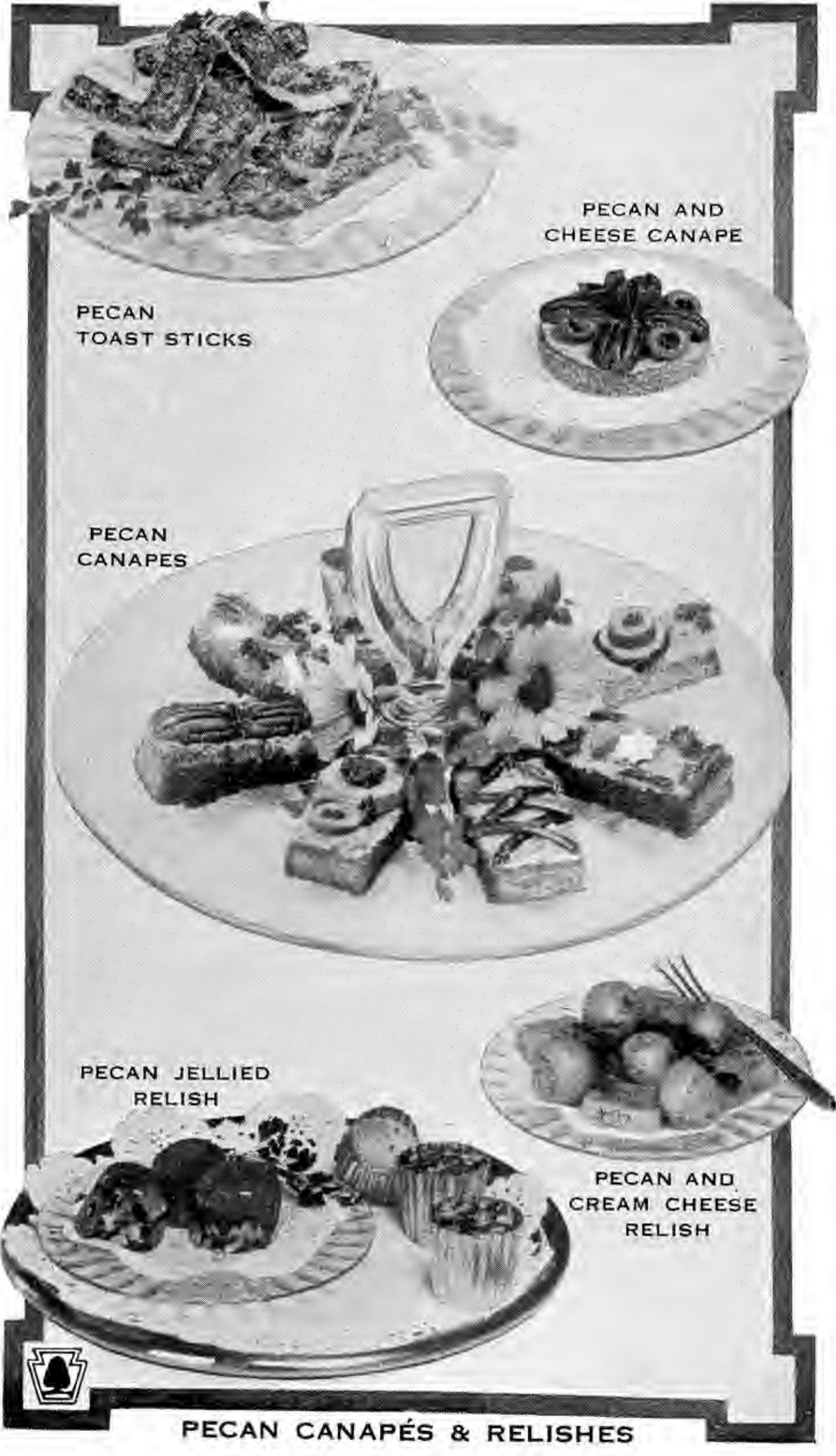
PECAN
SPEARMINT
SANDWICHES



PECAN SANDWICHES



PECAN SANDWICHES



PECAN
TOAST STICKS

PECAN AND
CHEESE CANAPE

PECAN
CANAPES

PECAN JELLIED
RELISH

PECAN AND
CREAM CHEESE
RELISH

PECAN CANAPÉS & RELISHES



CHAPTER XII

Pecan Sandwiches and Relishes

In these days of automobile outings, when the repast is eaten close to Nature, the need for a greater variety of sandwiches is clearly seen. The school-child's lunch and the informal social affair have also stressed the same need, until it is now true that of sandwiches, canapés, etc., there is a variety far greater than our grandparents or parents would have conceived possible.

Needed
for the
auto outing,
for the
school
child's lunch,
and informal
affairs

But the motorist or hiker's repast must contain real nutriment, and it is this need that the pecan fills so well. If the pecan were of such pronounced flavor as some other nuts, it might soon become unwelcome, but it fortunately has a mild yet alluring flavor which, combined with its food nutritive merit, makes it the best source of protein and fat for the sandwich filling. Nor can its superiority in mineral salts and in vitamin be

Practically
a complete
diet

overlooked, for these make a luncheon of pecan sandwiches (especially in whole wheat bread) practically a complete diet when supplemented by an apple, peach or other fresh fruit.

Pecans combine ideally with cheese in sandwiches and canapés, as well as in salads.

PECAN SANDWICHES AND RELISHES

2 mellow apples	$\frac{1}{2}$ C. mayonnaise	
Crisp lettuce leaves	1 C. grated pecans	Apple Sandwiches

Peel the apples and cut in thin round slices. Place a lettuce leaf on a slice of bread, dip the apple slices in the dressing and arrange on the lettuce. Sprinkle with pecans. Top with another slice of bread spread with mayonnaise.

Brooke S. Ramey.

$\frac{1}{2}$ can mashed asparagus tips	$\frac{1}{4}$ C. thick mayonnaise $\frac{1}{2}$ t. salt	Asparagus Sandwiches
$\frac{1}{2}$ C. thick white sauce	$\frac{1}{8}$ t. paprika $\frac{1}{2}$ C. grated pecans	

Combine ingredients and spread on slices of bread.

Mrs. Martin H. Collins.

1 C. chopped pecans	Orange juice or	Banana Sandwich
1 banana	Pineapple juice or	
$\frac{1}{2}$ C. grape pulp	Salad dressing	Filling

Mix pecans, banana, and grape pulp. Moisten with orange or pineapple juice or cooked salad dressing.

Mrs. Fritz Fly.

$\frac{3}{8}$ lb. ground dates	Brown bread	Cheese
1 C. grated pecans	White bread	and Date
Lemon juice	Cream cheese	Sandwiches

Combine dates and pecans and moisten with lemon juice. Place filling on a slice of buttered white bread and cover with a slice of brown bread. Over the brown bread spread a filling of cream cheese and top with a slice of white bread. Cut in triangular shapes.

Mrs. H. Stuedemann.

800 PROVED PECAN RECIPES

**Applebutter
Sandwiches**

1 C. apple butter $\frac{1}{2}$ C. chopped pecans

Mix apple butter and pecans and spread on thin slices of bread cut in fancy shapes.

Leola Howard.

**Butter
Canapés**

Brown bread Apple butter
Pecans

Cut thick slices from a loaf of brown bread. Stamp into rounds with a biscuit cutter. Spread each round with apple butter. Place a pecan half in center and arrange a border of chopped pecans around the edge. Serve with cheese cubes.

Elaine Rasch.

Canapé

Stale bread Finely chopped olives
Chopped pecans Mayonnaise
 Pimentos

Cut stale bread in crescents. Sauté a delicate brown in butter. Drain on brown paper. Mix equal parts of olives and pecans and moisten with mayonnaise to the consistency to spread. Spread bread with mixture and garnish with pimento.

Mrs. H. M. Williamson.

**Cheese
and Celery
Sandwiches**

$\frac{1}{4}$ lb. cream cheese $\frac{1}{3}$ C. grated pecans
3 pimentos $\frac{1}{2}$ t. salt
3 stalks celery Mayonnaise

Place cheese, pimentos, and celery in a bowl and chop fine. Add pecans, salt, and enough mayonnaise to moisten. Spread on buttered rye or white bread. A lettuce leaf may be used between the slices.

Mrs. Maude Ewalt.

PECAN SANDWICHES AND RELISHES

$\frac{1}{2}$ C. chopped dates
 $\frac{1}{2}$ C. chopped pecans
Lemon juice

$\frac{1}{4}$ C. chopped preserved ginger
Ginger syrup

Canton Sandwiches

Mix ingredients, moistening well with lemon juice and ginger syrup. Spread between thin slices of buttered whole wheat bread.

Mrs. Norma Hannes.

$\frac{1}{2}$ C. grated pecans
 $\frac{1}{2}$ C. ground carrots
1 t. lemon juice

$\frac{1}{2}$ t. salt
 $1\frac{1}{2}$ T. salad oil

Carrot Sandwiches

Use young, tender, and raw carrots. Combine ingredients and spread.

Anabel R. Barber.

1 C. chopped celery
 $\frac{1}{4}$ C. chopped olives

$\frac{1}{4}$ C. grated pecans
Mayonnaise

Celery Sandwiches

Combine ingredients and spread between thin slices of bread.

E. P. Stickney.

$\frac{1}{2}$ C. cold beans
 $\frac{1}{2}$ C. grated cream cheese
 $\frac{1}{2}$ can pimentoes

$\frac{1}{2}$ C. grated pecans
 $\frac{1}{2}$ t. olive oil
 $\frac{1}{2}$ T. mustard

Cheese and Bean Sandwiches

Combine ingredients, make a smooth paste, and spread between buttered rye bread.

Mrs. Pearl Oleslager.

1 C. grated pecans
 $\frac{1}{2}$ lb. cream cheese

1 t. horseradish
French dressing

Cheese and Horseradish Sandwiches

Combine ingredients, using enough French dressing to moisten. Use for canapés or sandwiches.

Lillian Bentham.

800 PROVED PECAN RECIPES

**Cheese
Canapé**

Butter

Pimento cheese
Pecan halves

Cream cheese with butter. Cut four circles from 4 slices of sandwich bread. Spread with cheese mixture and arrange four pecan halves in center to form the petals of a flower. Toast in oven.

Mrs. C. W. Young.

**Cheese
and Egg
Sandwiches**1 sour pickle or
1 green pepper
 $\frac{1}{2}$ lb. cream cheese3 hard-cooked eggs
1 C. grated pecans
 $\frac{1}{3}$ C. boiled salad dressing

Put sour pickle or green pepper through the food chopper. Combine with cheese, eggs, pecans and dressing. Butter thin slices of white or graham bread and put together with the mixture.

Mrs. E. W. Williams.

**Cheese
and Olive
Sandwiches** $\frac{1}{4}$ C. stuffed olives
 $\frac{1}{2}$ t. salt $\frac{1}{2}$ C. riced cheese
Cream or milk
 $\frac{1}{2}$ C. grated pecans

Chop the olives. Add salt to cheese and mix to a smooth paste with a little cream or milk. Stir in the olives and pecans. Spread between thin slices of bread.

Mrs. F. D. Bushey.

**Cheese
and Pineapple
Sandwiches** $\frac{1}{4}$ C. butter
 $\frac{1}{2}$ C. grated cheese $\frac{1}{4}$ C. crushed pineapple
 $\frac{1}{4}$ C. chopped pecans

Cream butter and add cheese. Mix until smooth, add pineapple and pecans. Spread thin slices of bread with mayonnaise and mixture. Put together in pairs, trim off crusts and cut in triangles.

Beth Lamson.

PECAN SANDWICHES AND RELISHES

1 cake of cream cheese	1 C. chopped pecans	Cheese
Milk	$\frac{1}{4}$ C. chopped celery	and Pepper
	1 C. chopped green pepper	Sandwiches

Cream cheese with small amount of milk. Add pecans, celery, and pepper. Spread on buttered bread, and cut in desired shapes.

Mrs. Caroline W. Trotter.

1 C. seedless raisins	Cloves	Cheese
$\frac{1}{2}$ C. grated pecans	$\frac{1}{4}$ t. salt	and Raisin
1 C. grated cheese	$\frac{1}{2}$ C. whipped cream	Sandwich
		Paste

Grind raisins in food chopper. Add pecans, cheese, cloves, salt, and whipped cream.

Mrs. Wm. Locke.

1 C. cottage cheese	3 sprigs parsley	Cottage
1 t. salt	$\frac{1}{2}$ C. grated pecans	Cheese
	Cream	Sandwiches

To the cheese add salt, parsley, and pecans. Add enough cream to make it of the consistency to spread. Spread on buttered graham or rye bread.

Mrs. Lewis R. Salsbury.

$\frac{1}{2}$ C. creamed butter	Lettuce	Lettuce
1 C. grated pecans	Firm, ripe tomatoes	Sandwiches
$\frac{1}{2}$ t. salt	Hard-cooked egg	
	Olives	

Mix butter, nuts, and salt. Spread thin slices of bread with mixture, cover with lettuce, a slice of tomato, then sliced hard cooked egg. Press together and cut into 3-corner shapes. Garnish with olives.

Mrs. Arlington Gorman.

800 PROVED PECAN RECIPES

**Cottage
Cheese
and Olive
Sandwiches**

1 C. cottage cheese $\frac{1}{4}$ C. chopped pecans
 $\frac{1}{4}$ C. chopped ripe olives

Mix ingredients well and spread between slices of buttered bread.

Mrs. E. W. Williams.

**Cream
Cheese
Sandwiches**

$\frac{1}{2}$ doz. sweet pickles $\frac{1}{2}$ C. cream cheese
 $\frac{1}{2}$ C. grated pecans $\frac{1}{2}$ T. butter

Grind pickles and combine with other ingredients. Spread on buttered brown bread.

Mrs. Hannah Breckenridge.

**Date
Sandwich
Filling**

$\frac{1}{4}$ lb. raisins $\frac{1}{2}$ C. grated pecans
 $\frac{1}{4}$ lb. dates Juice of $\frac{1}{2}$ orange
 Juice of $\frac{1}{2}$ lemon

Grind raisins, and dates, add pecans, and mix with fruit juices.

Mrs. F. D. Bushey.

**Egg
Sandwiches**

6 chopped hard-cooked eggs $\frac{1}{4}$ t. paprika
2 T. chopped sweet pickles 1 t. salt
2 T. chopped celery $\frac{3}{4}$ C. mayonnaise
 1 C. grated pecans

Mix ingredients until they are well blended and will spread easily. Use a silver knife and spread on buttered slices of graham bread.

Mrs. E. Frylsman.

**Horseradish
Paste**

$\frac{1}{4}$ C. chopped pecans $\frac{1}{4}$ C. grated horseradish
 Mayonnaise

Combine pecans and horseradish with mayonnaise. Use for canapés or sandwiches.

Mrs. Francis C. Williams.

PECAN SANDWICHES AND RELISHES

$\frac{1}{4}$ C. butter
Pimento cheese
 $\frac{1}{2}$ C. chopped pecans
12 slices of bread

Lettuce
Salad dressing
Olives
Tomatoes

Club
Sandwich

Cream butter and add pecans. Cream the pimento cheese. Toast bread. Spread 1 slice with nuts and butter, put a teaspoon of dressing on a leaf of lettuce and place on the butter and nuts. Put on another slice of toast, spread with nut mixture, a teaspoon of dressing and a lettuce leaf. Spread third slice of toast with cheese and place the cheese side downward on the lettuce. Fasten firmly with 4 toothpicks and put an olive on the top of each toothpick. Place 2 slices of tomato on top of each sandwich.

J. Louise Schwandt.

$\frac{1}{4}$ lb. cream cheese
 $\frac{1}{4}$ C. grated pecans
 $\frac{1}{4}$ C. chopped raisins

Lettuce leaves

6 chopped dates
Cream
 $\frac{1}{4}$ t. salt

Fruit Cheese
Sandwiches

Combine ingredients and spread on thin slices of buttered bread with lettuce leaves between.

Nell Dooley.

Tomatoes
Cottage cheese

Lettuce hearts
Tartar sauce
Chopped pecans

Mint Butter
Sandwiches

Cut brown bread in thin slices, spread with mint butter (butter which has been wrapped in paraffin paper with sprigs of fresh mint leaves for several hours). Fill with 2 wafer slices of chilled peeled tomato spread with cottage cheese and a heart of lettuce dipped in tartar sauce. Sprinkle each sandwich with chopped pecans.

G. A. Drake.

800 PROVED PECAN RECIPES

Mosaic Sandwiches

**1½ C. raisins Lemon juice
1 C. grated pecans Graham and white bread**

Put raisins through food chopper, add pecans and enough lemon juice to make a paste that will spread easily. Cut 3 slices each of graham and white bread. Spread one slice of white bread with the above paste, and cover with slice of graham bread. Spread with the paste and cover with slice of white bread. Make another stack beginning with the graham bread, spread with filling, cover with slice of white bread, spread with filling and cover with graham bread. Place under a weight till the filling sets, then cut in $\frac{1}{2}$ inch slices. Pile slices together checkerboard fashion and let set again. Slice in $\frac{1}{2}$ inch slices and serve.

Mrs. A. H Hampton.

Pepper Logs

**¾ C. grated pecans Boiled salad dressing
2 T. minced green pepper 1 t. salt**

Combine ingredients, using enough salad dressing to make a paste. Remove crust from a very fresh loaf of bread, cut in thin slices, spread with mixture, and roll into logs. Use a toothpick to hold the edges in place.

Mrs. F. O. Johnson.

Pepper Sandwiches

**3 tomatoes $\frac{1}{2}$ C. chopped pecans
1 sweet pepper Mayonnaise dressing
Lettuce**

Chop tomatoes, add chopped peppers, pecans, and a dash of mayonnaise. Place on lettuce leaf between thin slices of bread that have been spread with mayonnaise.

Mrs. E. J. Deakins.

PECAN SANDWICHES AND RELISHES

1 sandwich loaf	Lettuce	Sandwich Loaf
2 hard-cooked egg yolks	Chopped olives	
Salad dressing	1 C. raisins	
2 hard-cooked egg whites	½ C. water	
1 t. salt	½ C. sugar	
Cheese	1 T. flour	
Grated pecans	1 t. lemon juice	

Cut sandwich loaf the long way in slices $\frac{1}{2}$ inch thick or less. Butter on both sides, saving two slices which have been buttered on one side only. Use these for the top and bottom of the loaf. Between 2 of the slices place a filling made from the yolks of 2 eggs mixed with salad dressing. On top of this sandwich spread the whites of eggs chopped fine with dressing and sprinkle with salt. Place over it a buttered slice of bread. Spread with a layer of cheese and pecans mixed with salad dressing. Add another slice of bread. On this place lettuce leaves, chopped olives, and salad dressing. Cover with a slice of bread. Spread with a filling made by cooking raisins, water, sugar, flour and lemon juice together. Place the last slice of bread on top. Cover the whole loaf with cheese creamed with enough milk to make a fairly thick paste. Decorate with pecan halves. Roll in waxed paper and press under weight for an hour. Slice through the sections.

Mrs. Frank Prideaux.

12 slices thinly cut bread	$\frac{1}{4}$ glass spearmint jelly	Spearmint Sandwiches
1 T. softened butter	$\frac{1}{2}$ C. chopped pecans	
	6 candied mint leaves	

Cut bread into shape resembling a mint leaf and spread slices with butter. Spread half of the pieces with mint jelly. Sprinkle with pecans. Join slices of bread and on top of each sandwich press a candied mint leaf and a pecan half.

Mrs. L. Wistrand.

800 PROVED PECAN RECIPES

**Raisin
Sandwich
Paste**

2 C. raisins	2 T. lemon juice
$\frac{1}{2}$ C. orange juice	1 t. salt
	1 C. grated pecans

Wash and dry the raisins. Put through meat chopper, add fruit juice, salt, and pecans. Mix together until smooth.

Mrs. Anna M. Richards.

**Raisin
and Apple
Sandwiches**

1 C. grated pecans	$\frac{1}{4}$ C. ground raisins
1 chopped apple	2 T. mayonnaise

Combine ingredients and spread on sandwiches.

Mrs. T. A. Rankin.

**Raisin
and Celery
Sandwiches**

$\frac{3}{4}$ C. raisins	$\frac{1}{4}$ C. pecans
$\frac{1}{4}$ C. celery	1 t. lemon juice

Put raisins and celery through food chopper. Add pecans and moisten with lemon juice. Spread on slices of whole wheat bread.

Mrs. Susan Burtch.

**Raisin
and Date
Sandwiches**

$\frac{1}{4}$ C. seeded raisins	$\frac{1}{4}$ C. crystallized ginger
$\frac{1}{3}$ C. seeded dates	1 C. grated pecans
	1 C. whipped cream

Put raisins, dates, and ginger through food chopper, add pecans, and mix with whipped cream. Spread on thin slices of brown bread.

Mrs. Martin Crook.

**Vegetable
Sandwiches**

$\frac{1}{2}$ C. green peas or beans	$\frac{1}{4}$ C. grated pecans
$\frac{1}{2}$ C. ground celery	Salad dressing

Mash peas or beans, combine with other ingredients, and spread.

Mrs. Mary S. Hazel.

PECAN SANDWICHES AND RELISHES

$\frac{1}{4}$ C. grated pecans	$\frac{1}{4}$ C. chopped ripe olives	Ripe Olive
$\frac{1}{4}$ C. chopped celery hearts	$\frac{1}{4}$ C. minced pimentoes	Sandwich
	Salad dressing	Paste

Combine ingredients, using sufficient salad dressing to make mixture of the proper consistency to spread.

Mrs. Frank McQuat.

6 T. creamed butter	$\frac{1}{4}$ C. grated toasted pecans	Spanish
6 chopped ripe olives	$\frac{1}{8}$ t. salt	Sandwiches
$\frac{1}{2}$ chopped pimento	4 T. grated horseradish	
	1 t. lemon juice	

Cream butter. Add olives, pimento, pecans, salt, and horseradish. When well blended, add lemon juice slowly, and spread.

Mrs. Annie Hills.

1 tomato	1 hard-cooked egg	Tomato
4 slices buttered toast	Cucumber	Canapé
Salad dressing	Pimento	
	Pecan halves	

Place a slice of tomato on a small slice of buttered toast and spread tomato with salad dressing. On the tomato place a thin slice each of hard-cooked egg, cucumber, and pimento. Top with a pecan half and surround the tomato with pecan halves.

Alice C. Berghoff.

$\frac{1}{4}$ C. chopped dates	$\frac{1}{4}$ C. chopped crystallized ginger	Tutti Frutti
$\frac{1}{4}$ C. grated pecans	$\frac{1}{4}$ C. cream cheese	Sandwiches
$\frac{1}{4}$ C. candied cherries	Salad dressing	
$\frac{1}{4}$ C. raisins		

Combine ingredients and moisten with salad dressing. Spread on slices of bread cut in fancy shapes.

Dorothy Hahn.

800 PROVED PECAN RECIPES

Rose-Jam Sandwiches

Rose leaves	$\frac{1}{2}$ C. water
Sugar	1 C. sugar

Chopped pecans

Pick over rose leaves without washing. Put through meat chopper, using finest knife. Mix with equal amount of sugar. Make syrup of 1 C. sugar and water. Boil syrup without stirring. While this is boiling, boil rose leaves and sugar, stirring constantly. At the end of 20 minutes, add jam to the syrup but do not stir. Spread thin slices of bread with soft butter, then with rose jam, and sprinkle with pecans.

Juliana Clark.

Cheese Balls

2 C. cottage cheese	1 T. melted butter
$\frac{1}{2}$ C. grated pecans	2 hard-cooked eggs
1 t. salt	$\frac{1}{4}$ t. paprika

Put eggs through ricer and combine ingredients. Roll into balls, place on ice, and serve.

Mrs. Lucy Wakefield.

Cottage Cheese Relish

1 lb. cottage cheese	1 T. minced olives
2 T. cream	1 T. chopped pimento
1 t. salt	$\frac{1}{4}$ C. chopped pecans

Add cream and salt to cheese and mash to a smooth paste. Dip small rectangular mold in cold water and line with waxed paper. Pack cheese in 3 layers, using olives, pimento, and pecans, as alternate fillings, having the top layer cheese. Chill, cut in slices crosswise, unmold on lettuce or cress and serve with French dressing.

Miss Willie M. Bomar.

PECAN SANDWICHES AND RELISHES

$\frac{2}{3}$ C. sugar	1 T. cinnamon drops	Apple Relish
$\frac{1}{2}$ C. boiling water	4 apples	
$\frac{1}{4}$ C. chopped pecans		

Boil sugar, water, and cinnamon drops together in a saucepan. Cover and peel apples and place in boiling syrup, turning them over several times as they cook, to be properly colored. When done, remove from syrup and fill cavities with pecans. Serve as a relish or as a breakfast dish with cream.

Mrs. Wm. J. Stephens.

1 cake of cream cheese	$\frac{1}{2}$ green pepper	Cream
1 T. catsup	$\frac{1}{2}$ C. grated pecans	Cheese Relish
$\frac{1}{2}$ t. grated onion	1 t. salt	
	$\frac{1}{4}$ t. paprika	

Mash cheese, add catsup, onion, chopped pepper, pecans, and seasoning. Form into balls, chill, and serve.

Mrs. Caroline W. Trotter.

1 C. pimento cheese	$\frac{1}{4}$ C. chopped pecans	Pimento
		Cheese
		Squares

Combine cheese and pecans and mold into small squares. Place a pecan half on each of the 4 sides. Place in refrigerator until firm.

Mrs. A. H. Suesens.

10 ripe tomatoes	1 lemon	Tomato Relish
2 lb. sugar	2 C. chopped pecans	

Peel tomatoes, cut in slices, add sugar and sliced lemon, and cook. When it begins to thicken, add pecans and cook slowly until done.

Mrs. John Votery.

800 PROVED PECAN RECIPES

Jellied Relish $\frac{1}{4}$ C. lemon juice
1 C. sugar
4 cloves
1 T. gelatine

$\frac{3}{8}$ C. cold water
1 C. boiling water
 $\frac{1}{2}$ C. chopped pecans
6 sweet pickles

Boil lemon juice, sugar, and cloves together 5 minutes. Strain cloves out. Soak gelatine in cold water, add boiling water, add sugar and lemon juice mixture. Let stand until it begins to set, then add pecans and sliced pickles.

Mrs. Roy D. Spear.

Spiced Tomato Relish

1 qt. chopped green tomatoes
1 qt. chopped apples
 $\frac{1}{2}$ lb. raisins
1 C. chopped pecans
Juice and grated rind of 3 oranges

Juice and grated rind of 3 lemons
3 C. brown sugar
1 C. sweet cider
1 t. cinnamon
1 t. cloves
2 t. salt

Combine ingredients, cook until tender, and seal.

Mrs. F. D. Kellison.

Cheese Relish 2 cheeses
 $\frac{1}{2}$ t. salt
 $\frac{1}{8}$ t. paprika

2 T. cream
Salted pecan halves
 $\frac{1}{4}$ C. grated salted pecans

Cream together first 4 ingredients. Form into flat bon-bon shapes and press a salted pecan on each side. Roll edges in the grated pecans and chill.

Mrs. E. A. Busby.

Cream Cheese Balls

1 pkg. cream cheese
2 T. whipped cream
1 C. chopped pecans

1 t. chopped parsley
Paprika
 $\frac{1}{4}$ t. salt

Mix cream cheese with whipped cream, pecans, parsley, paprika, and salt. Roll into balls, decorate with parsley and pecans, and serve cold.

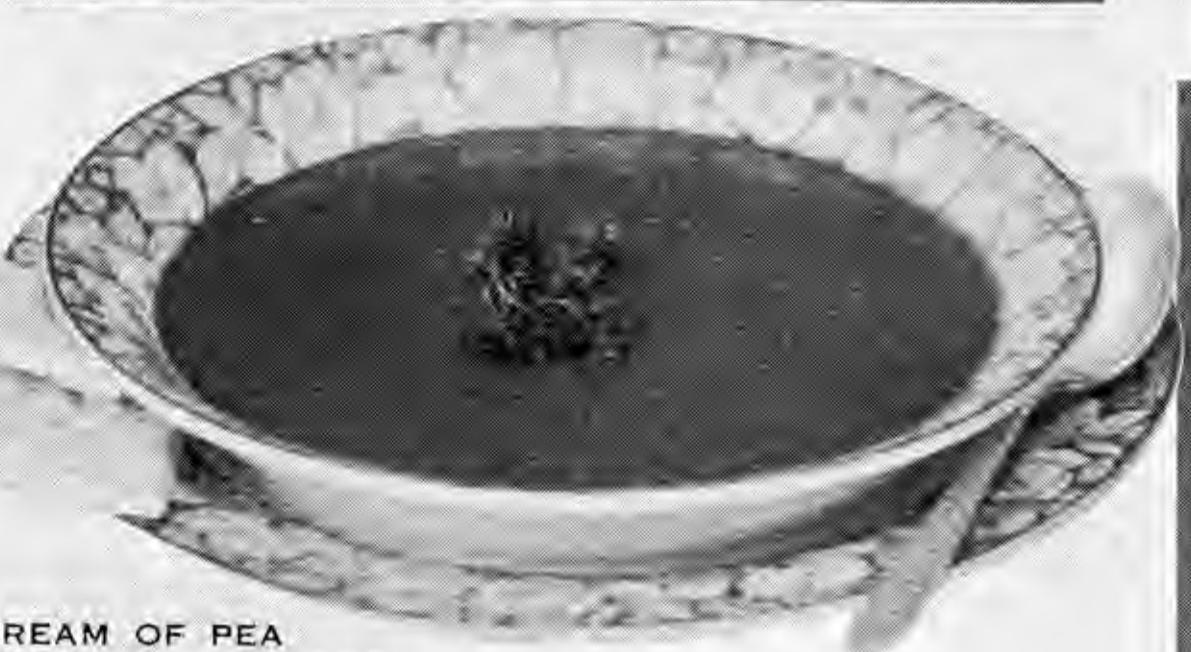
Mrs. J. G. Hess.

CHAPTER XIII

MISCELLANEOUS PECAN FOODS

**CONSERVES
PRESERVES
FRITTERS
FANCY TOASTS
SOUPS**

***“Variety is the
spice of life.”***



CREAM OF PEA
SOUP WITH PECANS



PECAN CEREAL



GRAPE AND
PECAN
CONSERVE

COCOA
WITH
PECANS

PECAN
STRAWBERRY
CONSERVE





PECAN
BREADED
CHEESE BALLS

PECAN
SWEET
POTATO
LOAF



STAR
PECAN
VEGETABLE
SALAD



CHAPTER XIII

Miscellaneous Pecan Foods

"Who ever heard of pecans in soup," you may ask, "or pecan fritters, or pecan conserves, or pecan drinks?"

Judging by the hundreds of recipes received for these and other pecan foods of an unexpected type, there must be many housewives who have not only heard of them, but who favor them strongly.

From the great number of the most unusual pecan recipes received—which are not readily classified under the foregoing chapters—we have selected a few of those which after thorough testing and re-checking seem to most merit a place in such a recipe book as this.

They suggest that different dish, which com-

bines with the merit of being unusual the too often overlooked quality of being a real addition from the nutritive standpoint to one's cooking repertoire.

MISCELLANEOUS PECAN FOODS

Cranberries	Sugar	Cranberry Conserve
	Chopped pecans	

Cook cranberries until soft. To each cup of berries, add 1 C. sugar. Cook until it jellies, then to each pint add $\frac{1}{2}$ C. chopped pecans. Cook 5 minutes and seal.

Mrs. K. O. Reinhart.

3 C. ground carrots	$\frac{1}{4}$ t. cloves	Carrot Conserve
2 C. sugar	$\frac{1}{4}$ t. cinnamon	
$\frac{1}{2}$ lemon	$\frac{1}{4}$ t. allspice	
	$\frac{3}{8}$ C. chopped pecans	

Add sugar to ground carrots and let stand over night. In the morning, add sliced lemon and spices and cook in a double boiler till thick. Add pecans and cook 5 minutes more.

J. Louise Schwandt.

1 $\frac{1}{2}$ C. chopped pecans	Juice and grated rind of	Cranberry and Raisin Conserve
3 lb. cranberries	2 oranges	
2 $\frac{1}{2}$ lb. sugar	1 lb. seeded raisins	
Juice of 2 lemons	$\frac{1}{2}$ lb. chopped citron	
	$\frac{1}{2}$ C. crystallized ginger	

Cook first five ingredients slowly for 10 minutes. Add raisins, citron, and chopped ginger. Cook slowly until very thick, stirring often.

Lucy Douglass.

4 oranges	2 lbs. chopped raisins	Currant Conserve
6 lbs. currants	6 lbs. sugar	
	1 C. chopped pecans	

Peel oranges, cook rind until transparent, drain, and chop. Cook currants and put through a sieve. Add orange pulp, rind, raisins, sugar, and pecans. Cook 20 minutes.

Mrs. W. Howe.

800 PROVED PECAN RECIPES

**Apricot
Conserve**

5 lbs. apricots	Juice of 2 lemons
2 C. water	5 C. sugar
4 C. raisins	2 C. chopped pecans

Cut apricots in half and remove pits. Add water and cook slowly until the pulp may be easily pressed through a coarse strainer. Chop raisins, and add lemon and sugar to the apricot pulp. Cook slowly until a thick syrup is formed. Add chopped pecans.

Isabelle D. Abren.

Fig Conserve

1 qt. figs	$\frac{3}{4}$ C. water
1 $\frac{1}{2}$ lb. sugar	Spices
$\frac{1}{4}$ C. candied orange peel	2 C. raisins
2 C. chopped pecans	

Wash figs and cover with sugar. Let stand 4 hours. Add water, spices, and orange peel. Cook until figs are tender. Add raisins and cook until very thick. Add pecans and cook 5 minutes.

Mrs. H. C. Griffin.

**Gooseberry
Conserve**

1 $\frac{1}{2}$ qt. gooseberries	1 qt. sugar
$\frac{1}{2}$ qt. grated pineapple	1 lb. raisins
4 C. chopped pecans	

Boil gooseberries in water until the skins burst. Add pineapple, sugar, and raisins. Boil until syrup begins to thicken. Add pecans, mix well and seal.

Nell Dooley.

**Grape
Conserve**

7 lbs. grapes	4 large oranges
5 lbs. sugar	3 lemons
	4 C. chopped pecans

Seed grapes. Use peel and pulp, add sugar, oranges, lemons, and pecans. Boil until thick.

Mrs. G. W. Simons.

MISCELLANEOUS PECAN FOODS

1 lb. grapes
1 lb. sugar

1 C. raisins
Juice of 2 oranges
1 C. chopped pecans

Grape
and Raisin
Conserve

Wash grapes and remove pulp. Cook pulp a few minutes, then remove seeds by putting through a sieve. Put skins through a food grinder, and mix with pulp, sugar, chopped raisins, and orange juice. Cook until slightly thick, add pecans, and cook until mixture jells.

Mrs. L. A. Lind.

1 qt. gooseberries
1 pt. currants
1 pt. raspberries

1 pt. cherries
1 can grated pineapple
8 C. sugar
4 C. chopped pecans

Mixed Fruit
Conserve

Combine ingredients and cook very slowly until thick.

Erskine Murray.

2½ doz. small peaches
1 T. cinnamon

1 t. powdered cloves
2 C. brown sugar
1 C. chopped pecans

Peach
Conserve

Peel peaches, mash, and cook in a very little water. When soft, add sugar and spices and cook ½ hour. Add pecans and cook ½ hour longer.

Mrs. C. E. Bourdon.

6 oranges
1 lemon

11 C. cold water
7 C. sugar
1 C. chopped pecans

Orange
Marmalade

Peel oranges, removing all white skin, and slice. Slice lemon with rind on. Cover oranges and lemon with cold water. Let stand 24 hours. Boil 3 hours, add sugar and pecans and boil 1 hour.

Mrs. Adam Holtslander.

800 PROVED PECAN RECIPES

**Cherry
Conserve**

2 C. pitted cherries	1 orange
3 C. sugar	$\frac{1}{2}$ C. chopped pecans

Cook cherries and sugar until thick. Add orange peel cut fine, and pecans, and cook until it is well heated through.

Minnie B. Huwald.

**Green Tomato
Conserve**

1 peck green tomatoes	1 lb. sugar
1 dozen oranges	1 lb. tomato juice
	4 C. chopped pecans

Put tomatoes and oranges through the food chopper separately. Combine the pulps. Make a syrup of the sugar and tomato juice and boil until clear. Add pulp to this and boil until thick. Add pecans just before removing from the fire.

Mrs. Carl McAllister.

**Pineapple
Conserve**

2 lbs. fresh pineapple	1 lb. sugar
Juice of 2 limes	$\frac{1}{4}$ C. water
or 1 lemon	1 C. chopped pecans

Remove skin and eyes from pineapple and cut in $\frac{1}{4}$ inch cubes. Add fruit juice and water and simmer over a slow fire until fruit is transparent and the syrup is thick. Remove from fire and add pecans.

Mrs. Walker C. Earle.

**Plum
Conserve**

2 lbs. blue plums	1 lb. chopped pecans
2 lbs. sugar	Juice of 1 lemon

Cut plums in small pieces. Cook first three ingredients slowly for two hours. Add lemon juice and seal.

Mrs. G. L. Davis.

MISCELLANEOUS PECAN FOODS

1 lb. figs	Juice of 2 oranges	Preserved Figs
1 C. chopped pecans	4 T. sugar	
2 t. lemon juice	Marshmallows	

Stuff figs with pecans. Bring lemon juice, orange juice, and sugar to a boil. Place figs in syrup and cook until figs are soft and syrup thick. Cut marshmallows over figs after putting in serving dish.

Ella Mathews.

3 lbs. chopped plums	1 lb. chopped pecans	Plum Jam
3 lbs. sugar	1 lb. seeded raisins	
3 oranges	Juice of 2 lemons	

Combine ingredients and cook until the mixture jells.

Sarah L. Callaway.

1 grapefruit	Water	Prince of
1 orange	Sugar	Wales
1 lemon	1 C. chopped pecans	Marmalade

Put fruit through food chopper, cover with water, and let stand over night. Cook 20 minutes, let cool, and stand over night again. Add 1 C. sugar to each cup of fruit, cook 30 minutes, add pecans, and cook 5 minutes.

Mrs. L. E. Haymaker.

1 lb. prunes	1 1/2 C. sugar	Prune
2 C. warm water	1/2 C. chopped pecans	Conserve
1 orange, grated rind and juice		

Soak prunes in 2 C. warm water over night. Remove seeds and cut prunes in small pieces. Add orange, sugar, and water from the prunes, and boil until quite thick. Add nuts and boil 5 minutes more.

Mrs. Leola Bullivant.

800 PROVED PECAN RECIPES

**Rhubarb
Marmalade**

6 lbs. rhubarb	1 lb. dried apricots
8 lbs. sugar	4 C. cold water
$\frac{3}{4}$ lb. candied ginger	1 C. chopped pecans

Strip rhubarb of skin and cut in short pieces. Mix with sugar and chopped candied ginger. Let stand 24 hours. Wash and quarter dried apricots and soak in cold water 24 hours. Combine the two mixtures, bring slowly to a boil and boil 1 hour. Add pecans just before removing from heat.

Cassandra O. Phelps.

**Rhubarb
Conserve**

4 lbs. rhubarb	Sugar
1 orange	Juice of 1 lemon
	2 C. chopped pecans

Prepare rhubarb as for sauce. Add thinly sliced orange. Measure and add $\frac{3}{4}$ C. sugar to each cup of fruit and juice. Cook slowly about 45 minutes or until thick. Add lemon juice and pecans.

Mrs. John A. Knaak.

**Strawberry
Conserve**

3 lbs. strawberries	3½ lbs. sugar
	2 C. chopped pecans

Wash, hull and drain berries. Add sugar and mash. Add nuts and cook over a slow fire until thick.

Mrs. G. M. Forger.

**Strawberry
Jam**

4 C. sugar	1 qt. strawberries
1 C. water	1 C. chopped pineapple
	$\frac{1}{4}$ C. chopped pecans

Boil sugar and water together until a very thick syrup is formed. Add berries and pineapple slowly. Cook until thick. Just before removing from stove add pecans and cook for one minute.

Mrs. J. H. Grush.

MISCELLANEOUS PECAN FOODS

3 lb. rhubarb 2 oranges
3 lb. sugar 1 small can grated pineapple
 1 C chopped pecans

Rhubarb and
Pineapple
Jam

Cook rhubarb until tender, and add sugar. After it has boiled, add oranges that have been run through the food chopper—rind and pulp—and pineapple. Cook 10 minutes, add pecans, and cook 10 minutes longer.

Mrs. A. Ariel Malsbary.

4 apples 2 T. lemon juice
½ C. grated pecans 1 t. cinnamon
½ C. sugar ½ t. nutmeg
 Powdered sugar

Apple Rings
in Batter

Pare apples and cut in eighths or rings. Dip in grated pecans, sprinkle with sugar, lemon juice and spice. Dip in following batter, cook in deep fat, and sprinkle with powdered sugar.

1 C. flour ½ C. milk
½ t. salt 2 eggs
 1 T. butter

Mix dry ingredients, add milk, beaten egg yolks and butter. Fold in stiffly beaten egg whites.

Mrs. N. W. Voigt.

3 bananas ½ t. salt
½ C. grated pecans ½ C. milk
1 C. pastry flour 1 t. lemon juice
1½ t. baking powder 1 egg
 2 T. sugar

Banana
Fritters

Mash bananas, add nuts, flour sifted with baking powder, sugar, and salt, milk, lemon juice, and beaten egg. Beat well, drop by spoonfuls into deep fat, drain on paper, and sprinkle with powdered sugar.

Mrs. Charles E. Ford.

800 PROVED PECAN RECIPES

Apple Fritters	1 C. chopped apples 1/2 C. sugar 1/2 t. salt 1 1/2 C. flour	1 1/2 t. baking powder 1/2 C. milk 1 egg 1 C. chopped pecans
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Mix and sift dry ingredients, add beaten egg, milk, apples and pecans. Drop by spoonfuls in deep fat, and drain on brown paper.

Arabelle V. Medley.

Apricot Fritters	1 C. flour 1/2 t. salt 2/3 C. water 2 eggs	1 T. butter 1 C. cooked apricots 1 T. sugar 1/2 C. chopped pecans
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Combine ingredients, folding in the stiffly beaten egg whites last. Drop by spoonfuls in deep fat. Drain on brown paper.

Mrs. C. N. Nelson.

Bananas in Batter	4 bananas 1 T. lemon juice	2 T. grated pecans Powdered sugar
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Remove skins from bananas. Cut in halves lengthwise and crosswise. Roll in pecans, sprinkle with lemon juice and powdered sugar. Dip into following batter, then cook in deep fat.

1 1/3 C. flour 2 t. baking powder	1/4 t. salt 2/3 C. milk 1 egg
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Mix and sift dry ingredients, add milk and beaten egg.

Mrs. N. W. Voigt.

Orange Fritters	4 slices of bread 1 C. orange juice	1 C. grated pecans 1 egg
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Remove crusts from bread and cut in strips 2 x 4 inches. Drip bread in orange juice, then in grated pecans and beaten egg. Cook in deep fat. Sprinkle with powdered sugar and serve hot.

Mrs. K. Archer.

MISCELLANEOUS PECAN FOODS

2 C. cooked cereal	1 t. baking powder	
2 eggs	2 T. flour	Cereal
1 t. salt	$\frac{1}{2}$ C. milk	Fritters
$\frac{1}{2}$ C. chopped pecans	Flour	

Beat egg yolks, add milk, and combine with cereal. Beat until smooth, add salt and nuts. Sift baking powder with 2 T. flour and add to mixture. Fold in stiffly beaten egg whites and flour sufficient to make drop batter. Cook in deep fat.

Marie Eulalie Moran.

1 C. corn	1 t. salt	Corn Fritters
1 C. milk	2 $\frac{1}{2}$ C. flour	
1 egg	2 t. baking powder	
2 T. sugar	1 C. chopped pecans	

Combine ingredients, beat well, and drop by spoonfuls in deep fat. Serve with maple syrup.

Mrs. Herbert N. Cook.

1 C. dried prunes	2 t. baking powder	Prune Fritters
1 egg	$\frac{1}{2}$ C. flour	
$\frac{1}{2}$ C. milk	$\frac{1}{2}$ t. soda	
$\frac{1}{2}$ t. salt	4 T. butter	
	$\frac{1}{2}$ C. chopped pecans	

Wash prunes in boiling water. Soak over night in cold water. Remove stones and cut in quarters. Beat the egg, add milk, salt, flour sifted with soda and baking powder, melted butter, and fold in prunes and pecans. Pour in buttered pan to depth of $\frac{1}{2}$ inch. Bake. Brush top with melted butter, sprinkle with powdered sugar, cut into squares, and serve hot.

Mrs. Wm. M. Jones.

4 slices bread	$\frac{1}{6}$ lb. cream cheese	Cheese Toast
	$\frac{2}{3}$ C. grated pecans	

Slice cheese thinly and place on slices of bread. Sprinkle with nuts, put in a hot oven, and toast. Serve hot.

Mrs. Nira Woods.

800 PROVED PECAN RECIPES

Breakfast Food

1 part pecans
2 parts dried fruit
3 parts prepared bran or
 { Corn flakes
 Wheat flakes
 Rice flakes

Mix ingredients and put through a vegetable grinder. This mixture will keep indefinitely and may be used alone or with fruit or berries.

Doctor A. J. Gerlach.

Cheese and Rice Toast

1 T. butter ½ C. cheese
1 T. flour ½ C. cooked rice
1 C. milk ⅓ C. chopped pecans
 ½ t. salt

Make a white sauce of first three ingredients. Add cheese, cut in small pieces, and stir until melted. Add cooked rice, pecans, and salt. Serve on buttered toast.

Mrs. L. F. Breiden.

Cinnamon Toast

4 slices bread 2 T. brown sugar
3 T. butter 1 t. cinnamon
 2 T. grated pecans

Remove crusts from bread, toast on one side, and cut each slice into 3 oblong pieces. Cream together butter, sugar, and cinnamon. Spread the untoasted side with the butter mixture and sprinkle with pecans. Put in the oven till sugar melts, and serve at once.

Mrs. Edith C. Armbruster.

Cocoa

4 t. cocoa 4 t. sugar
2 t. grated pecans 4 T. milk
 Boiling water

Combine first 4 ingredients and add sufficient boiling water for 4 cups.

Mrs. J. D. Gambu.

MISCELLANEOUS PECAN FOODS

$\frac{3}{4}$ C. cream of wheat	$\frac{1}{2}$ C. raisins	Cream of
4 C. boiling water	$\frac{1}{2}$ C. chopped pecans	Wheat

Add boiling water and raisins to the cream of wheat. Cook in double boiler about 20 minutes. Add pecans and serve with cream and sugar.

Mrs. Minnie Holmes.

4 slices bread	4 t. sugar	Coffee Cake
	4 T. grated pecans	Toast

Toast thin slices of bread on one side. Butter the other side, sprinkle with sugar and pecans and put back in oven to toast nuts.

Mrs. E. M. Drake.

3 lemons	$\frac{1}{2}$ C. raisins	Mincemeat
4 apples	1 C. chopped pecans	
2 C. currants	1 $\frac{3}{4}$ C. sugar	
	1 t. spice	

Cook lemon peel in 2 waters until tender. Mash through a sieve. Chop apples, mix with the lemon pulp and juice, and add currants, raisins, pecans, sugar, and spice. Mix well and store in jars.

Mrs. S. P. Velter.

$\frac{1}{2}$ C. water	1 $\frac{1}{2}$ C. sugar	Pecan Powder
	2 C. chopped pecans	

Put water in pan, add sugar and stir until dissolved. Add pecans and cook without stirring until it turns caramel color. Turn out on an oiled slab to cool. When cold, grind to a coarse powder. Keep in glass jars and use for desserts.

Mrs. McIntyre.

800 PROVED PECAN RECIPES

Filled Kisses	2 egg whites 3 oz. powdered sugar	Whipped cream 1/2 C. grated pecans
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Beat egg whites until stiff, then very gently fold in powdered sugar. Fill a tablespoon with the mixture and turn on a sheet of white paper placed on a slightly damp board. Put in a cool oven for 20 minutes, then open the door and let stand 10 minutes longer, so as to form a thick crust. Remove from paper, take out the moist center carefully. When cold, fill with sweetened and flavored whipped cream to which pecans have been added. Put shells together with cream showing between the halves.

Mrs. M. B. Luketic.

Tomato Cheese Toast	1 can tomato soup 1 small chopped onion 1/2 lb. American cheese	1/2 C. grated pecans 1 egg 1 t. Worcestershire Sauce
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Heat soup in a double boiler. Add onion sautéed in butter. When soup is hot, add cheese cut into small pieces. Add pecans, well beaten egg, and sauce. Mix thoroughly. Serve on toast, toasted crackers, or use cold as a sandwich filling.

Mrs. Wm. M. Jones.

Toast Sticks	6 slices of bread 2 eggs	1/2 C. ground cocoanut 1/2 C. chopped pecans
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Trim crusts from bread and cut each slice into 3 oblong pieces. Toast slightly. Dip bread into beaten eggs, then into cocoanut and pecans which have been mixed together. Place on greased pan and bake in hot oven until egg is well hardened and cocoanut delicately browned.

Hubert Kucera.

MISCELLANEOUS PECAN FOODS

1 lb. mild cheese	1 T. flour	Rarebit
1 t. mustard	$\frac{1}{2}$ t. salt	
1 T. butter	$\frac{1}{2}$ C. milk	
	1 C chopped pecans	

Mix ingredients in order given. When mixture is smooth, remove from fire and add pecans. Serve on toast or crackers.

Mrs. Lawrence Smith.

Pecans	Warm water Cream	Malted Milk
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Pulverize pecans, mix with warm water and add a little cream. If desired, a teaspoon of cocoa or chocolate may be added.

May E. Reed.

Crackers or wafers	Salt	Toasted
Cheese	Paprika	Cheese Wafers
	Grated pecans	

Spread crackers or wafers with small quantity of cheese seasoned with salt and paprika and pecans. Brown in oven.

Mrs. N. W. Voigt.

1 C. stewed tomatoes	1 $\frac{1}{2}$ T. grated cheese	Tomato
$\frac{1}{2}$ C. chopped pecans	$\frac{1}{2}$ C. whipped cream	Delicacy
4 slices buttered toast		

Mix tomatoes, pecans and cheese and cook slowly until cheese is melted. Stir in whipped cream, heat, and serve on toast.

Beulah Chamberlain.

800 PROVED PECAN RECIPES

Stuffed Figs	1 lb. figs 1/4 C. grated orange rind 1 1/2 C. water	1 C. chopped pecans 1 1/2 C. honey
Steam figs until tender. Open each one carefully with a knife or scissors, scrape out the pulp, and mix with orange rind and pecans. Refill figs with mixture. Cook honey and water to a syrup and simmer the figs in this for 15 minutes. Turn into a jar and pour the hot syrup over them.		

Mrs. W. J. Thayer.

Cream of Corn Soup	2 C. sweet corn 1 qt. milk 2 t. salt	2/3 T. butter 2 T. flour 1/2 C. grated pecans
Cut corn very fine, add to milk, and cook in double boiler 15 minutes. Add salt, butter mixed with cornstarch and pecans. Cook until it thickens.		

Mrs. Carl Gottlieb.

Pea Soup	2 C. peas 1 1/2 C. strained tomatoes	1 C. grated pecans 1 t. salt
Cook peas until tender, rub through colander. Add tomatoes, pecans and salt. Reheat and serve.		

Mrs. J. A. Ellquist.

Celery Soup	2 stalks diced celery 1 sliced onion 2 C. cold water 1/8 t. salt	2 T. butter 2 T. flour 2 C. hot milk 3/4 C. grated pecans
Combine first four ingredients and simmer for an hour. Melt butter, add flour, and combine with hot milk. Add to first mixture, then add pecans.		

Mrs. C. M. Needbalske.

MISCELLANEOUS PECAN FOODS

1 pt. milk	1 qt. strained tomatoes	Tomato Bisque with Cheese
2 T. butter	1 t. salt	
3 T. flour	1 C. grated cheese	
	1/2 C. grated pecans	

Heat milk. Blend butter and flour. Add hot milk slowly and stir smooth. Stir strained tomatoes into this. Add salt. Just before serving, add cheese and pecans. When serving, add a teaspoon of whipped cream to each plate.

4 potatoes	1 t. salt	Cream of Potato Soup
1 onion	2 C. milk	
2 T. butter	1/2 C. grated pecans	
2 T. flour	1 t. chopped parsley	

Boil potatoes with onion until soft. Remove onion, mash potatoes, add butter, flour, and salt. Add milk to 2 C. of the potato water, bring to boiling point, add potatoes and let come to a boil. Remove from fire and add nuts. Place a little parsley in each soup plate, pour in soup and serve.

F. Brewster.

1 pt. milk	2 C. spinach water	Cream of Spinach Soup
3 T. butter	1 t. salt	
4 T. flour	1 C. whipped cream	
1 C. spinach	1/4 C. grated pecans	

Heat milk, blend with butter and flour, and cook until it thickens. Add strained spinach with water, and seasoning. Bring to a boil. Just before serving, stir in the whipped cream and pecans.

800 PROVED PECAN RECIPES

Potato Soup

2 potatoes	1 1/2 C. water
1 large onion	2 t. salt
1/2 sweet green pepper	2 chopped tomatoes
2 T. grated pecans	1/2 T. Worcestershire Sauce
	1 t. butter

Boil ingredients together until potatoes and onion are tender. Just before serving, add butter.

Grace H. Thornton.

Frozen Soup

2 T. cornstarch	1/2 C. pineapple
1/4 C. cold water	1/2 C. grated pecans
1/2 C. sugar	1 C. grapefruit juice
1/4 t. salt	2/3 C. pineapple juice or
1 3/4 C. boiling water	pulp

Add cornstarch to cold water and stir until smooth. Add boiling water, sugar, and salt. Cook until clear. Add pecans and fruit juice or pulp, heat through, and remove from fire. Serve chilled.

Mrs. Wilhemina Martin.

**Vegetable
Soup**

4 C. milk	Bay leaf
3/4 C. grated pecans	2 C. tomatoes
1/2 onion	2 t. sugar
6 cloves	1/3 C. butter
Sprig parsley	1/2 T. salt

Scald milk with pecans, onion, cloves, parsley and bay leaf. Remove seasoning and strain through a sieve. Cook tomatoes with sugar, and rub through a sieve. Add tomato mixture to milk and pour over butter and salt.

Mrs. Wm. M. Jones.

MISCELLANEOUS PECAN FOODS

1 pt. spinach	1 C. milk	Spinach Soup
1 chopped potato	1 t. salt	
1 minced onion	1 T. flour	
1 T. rice	½ C. grated pecans	

Shred spinach, add potato, onion, rice, and water, and cook until well done. Add milk and salt, thicken with flour, and stir in pecans just before removing from fire.

Agnes Volentine.

1 C. grated pecans	1 t. salt	Tomato Soup
1 minced onion	sugar	
1 pt. strained tomatoes	1 pt. hot water	
	1 T. flour	

Cover pecans with water and simmer 1 hour. Combine tomatoes, onion, salt, sugar and hot water and cook in another utensil. Strain the nut liquid into the tomato mixture and thicken with flour.

Odessa Williamson.

1 pt. strained tomatoes	1 t. sugar	Tomato Bisque
2 T. butter	¼ t. baking soda	
2 T. minute tapioca	1½ pts. hot milk or cream	
1 t. salt	¼ C. grated pecans	

To the tomatoes add butter, tapioca, salt, sugar, and soda. Cook 15 minutes in a double boiler. When ready to serve, stir the hot soup gradually into milk or cream which has been heated to the boiling point.

1 pt. peas	1 T. flour	Cream of
1 pt. milk	1 t. salt	Pea Soup
1 T. butter	½ C. grated pecans	

Boil peas; when soft, press through a colander. Heat milk in double boiler. Melt butter, add flour, and combine with hot milk. When thick, add strained peas and pecans.

Mrs. S. M. Mosby.

800 PROVED PECAN RECIPES

Okra Soup

2 T. rice	2 C. stewed okra
1 tomato	2 T. grated pecans
1 onion	1 t. salt
	1½ pt. water

Boil rice, tomato, and minced onion in 1 C. water until rice is tender. Boil okra a few minutes and put through colander. Add pecans and 1½ pt. of water. Boil 10 minutes and serve.

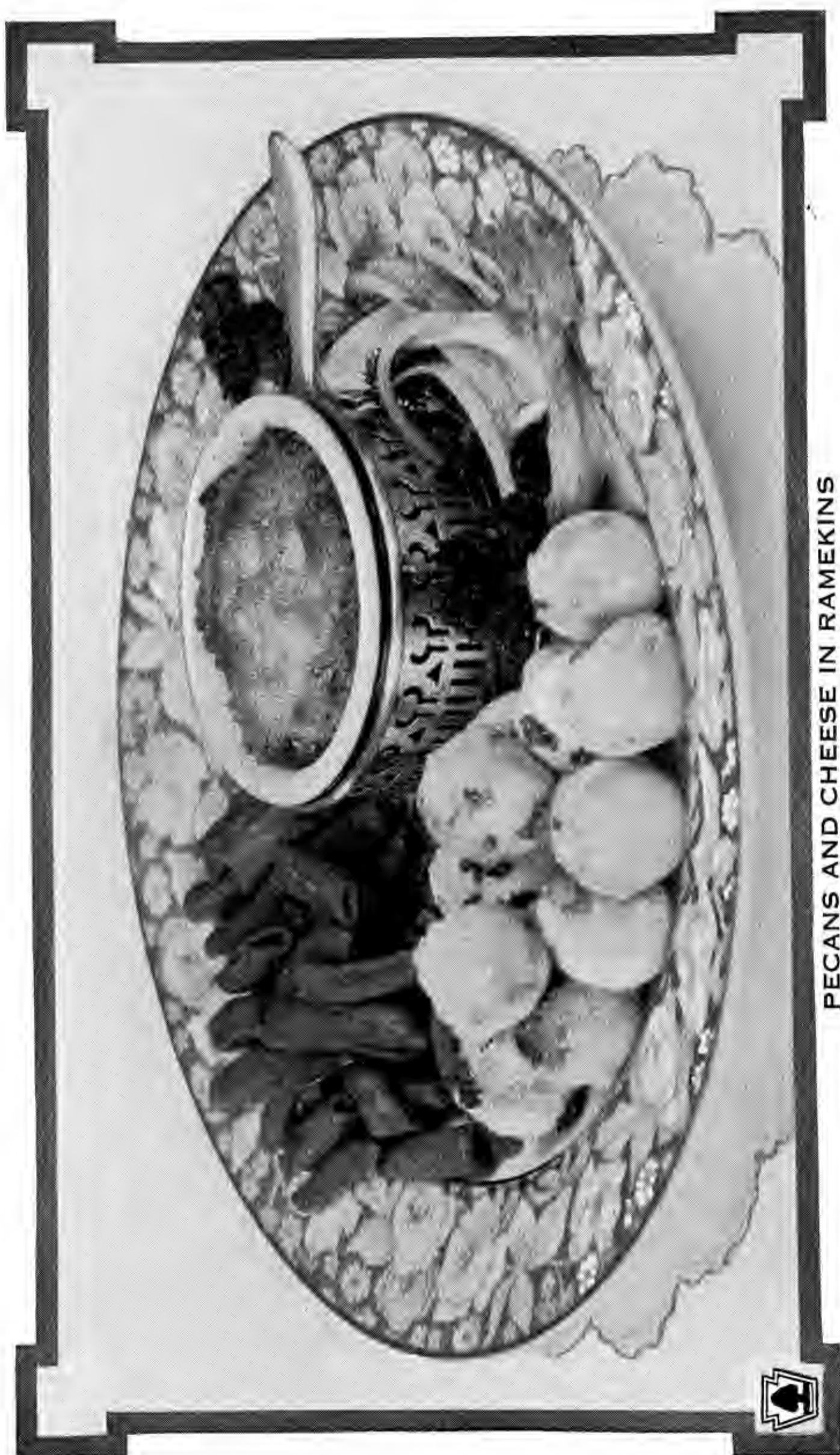
Grace H. Thornton.

CHAPTER XIV

BALANCED MENUS

**FOR
SPRING
SUMMER
AUTUMN
WINTER**

*To live well — eat
properly balanced
foods.*



PECANS AND CHEESE IN RAMEKINS





VEGETABLES WITH PECANS



CHAPTER XIV

Balanced Menus

Now that you have read—and perhaps tested—a greater number of pecan recipes than you ever before knew were in existence, the question probably arises in your mind, "What is their place in the menu? How can I use these pecan salads, these pecan entrees, these pecan breads, these pecan desserts, etc. to best advantage to assure a properly balanced diet for myself and my family?"

The menus which follow are planned to answer that question for you as fully as it is possible to do so without an exact knowledge of those who constitute your family group, their type of activity and their food requirements. As a guide, these menus should be helpful in any home, if the policy of substituting foods of an equal or similar food value is pursued when it is necessary to make changes.

Menu-making, after all, is the application of common sense plus scientific knowledge of food values and characteristics, to assure proper balance. If changes are made from the menus which follow, keep these points in mind.

Use whole grain cereals, plenty of fresh fruits and green vegetables, one uncooked vegetable and fruit each day, one pint of milk a day for adults, and one quart a day for children.

If more than one vegetable is used in the meal, use one starchy and one green.

Do not multiply starchy foods in the meal, such

as potatoes and beans, or potatoes and macaroni or rice.

If pecans are omitted from the diet once or twice a week during the period when it is most difficult to secure a supply, do not overlook the necessity of providing increased proportions of the supplementary foods, such as eggs, cheese, milk, and vegetables, each of which supplies certain food qualities which are present in a desirable form in pecan nuts.

The ordinary food staples, such as butter, milk and cream should be added according to requirement, larger amounts being necessary for those of arduous occupations.

Suggestions for the Whole Year's Menus

are readily worked out, using as a basis the luncheon and dinner menus which follow, covering twenty days in each of the four seasons, and the breakfast menus for the ten-day cycle, which affords a welcome relief from the ordinary breakfast monotony. While breakfasts are based largely on the use of staple fruits and cereals, the introduction of pecan dishes here is a pleasing and desirable change; while, for the noon meal and the evening meal, an even greater variety of dietary is made available.

Where the noon meal is the heavy meal of the day, the dinner menu may be used at noon, and the menus classed as luncheon menus may be used for the evening meal, or supper.

Pecan recipes are designated by an * showing that the recipe may be found in this book. Recipes not using pecans may be selected from a standard general cook book.

BALANCED MENUS

Summer Menus

Breakfast		Breakfast	
Orange Juice	Milk	Cantaloupe	Toast
Corn Flakes	Coffee	Soft-cooked Eggs	
Luncheon		Luncheon	
Creamed New Peas		Macaroni and Cheese	
Hot Biscuits*		Vegetable Salad	
Head Lettuce—Mayonnaise		Sliced Peaches	
Iced Fruit Salad*		Dinner	
Dinner		Stuffed Tomatoes*	
Cauliflower Polonaise*		String Beans	
Buttered New Potatoes		Hash Brown Potatoes	
Sliced Tomatoes		Jellied Celery Salad*	
Cherry Batter Pudding*		Raspberry Shortcake	
Breakfast		Breakfast	
Grapefruit		Sliced Bananas	
Puffed Wheat	Milk	Bran Flakes	Milk
Toast	Marmalade	Toast	Coffee
Luncheon		Luncheon	
Potato Patties*		Corn on the Cob	
Cucumber Boat Salad		Cottage Cheese Salad*	
Frozen Pineapple Dessert		Brown Raisin Bread*	
Dinner		Plums	
Goldenrod Omelet*		Dinner	
Spinach	Buttered Beets	Potato Puff*	Creamed Peas
		Stuffed Tomato Salad	
Keystone Salad*		Cherry Pie*	
Creamy Rice Pudding			

*Recipe may be located in this book, by reference to Index.

800 PROVED PECAN RECIPES

Summer Menus

Breakfast	
Orange Juice	
Date Muffins*	Jam
Coffee	
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Luncheon	
Eggs in Potato Nests	
Celery and Radishes	
Orange Bavarian Cream*	
Small Cakes	
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Dinner	
Stuffed Peppers*	Buttered Carrots
Mint Jelly Salad*	
Watermelon Sherbet	

Breakfast	
Fresh Apricots	
Grape Nuts	Milk
Toast	Fruit Conserve*
Coffee	
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Luncheon	
Star Vegetable Salad*	
Orange Bread*	Cheese Relish
	Peach Cobbler
<hr/>	
Dinner	
Stuffed Squash*	
Escalloped Potatoes	Celery
Pineapple Skillet Cake	

Breakfast	
Raspberries	
Waffles*	Maple Syrup
Coffee	
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Luncheon	
Cheese Soufflé*	Potato Salad
Steamed Cherry Pudding*	
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Dinner	
Lima Bean Cakes*	
Creamed Carrots	
Pear Salad	
Cocoanut Custard Pie	

Breakfast	
Halved Oranges	
Poached Eggs on Toast	
Coffee	
<hr/>	
Luncheon	
Cottage Cheese and	
Olive Sandwiches*	
Combination Salad	
Sliced Peaches	Date Rocks*
<hr/>	
Dinner	
Baked Potatoes	Creole Celery*
	Radishes
	Pineapple Parfait*

*Recipe may be located in this book, by reference to Index.

BALANCED MENUS

Summer Menus

Breakfast		Breakfast	
Egg Plums		Cantaloupe	
Shredded Wheat	Milk	Cream of Wheat	Milk
Toast	Coffee	Toast	Coffee
<hr/>			
Luncheon		Luncheon	
Potatoes au Gratin		Green Pepper Omelet*	
Jellied Egg Salad*		Cabbage Salad	
Graham Biscuits*		Apple Dumpling	
Raspberries and Cream		<hr/>	
<hr/>		Dinner	
Baked Tomatoes*		Platter of Vegetables*	
Buttered Rice	Cucumber Salad	Head Lettuce Salad	
Blueberry Pudding		French Dressing	
		Pimento Cheese Relish	
		Peach Ice Cream*	

Luncheon		Luncheon	
Macaroni and Cheese		Spinach Soufflé	
Beet Salad*		Hard-cooked Egg Garnish	
Lemon Ice		Creamed Potatoes	
<hr/>			
Dinner		<hr/>	
Vegetable Macedoine*		Dinner	
String Beans		Rice Croquettes*	
Stuffed Tomato Salad*		Peas in Pattie Cases	
Raspberry Charlotte		Shamrock Salad*	
		Peach Melba	

*Recipe may be located in this book, by reference to Index.

800 PROVED PECAN RECIPES

Summer Menus

Luncheon

Watermelon Log Cabin Salad*
Frosted Pinwheel Rolls*
Apple Pie*

Dinner

Panned Tomatoes*
Lyonnaise Potatoes
Coleslaw Cooked Dressing
Snow Pudding Custard Sauce

Luncheon

Club Sandwiches* Radishes
Date Pudding*

Dinner

Celery and Tomato Loaf*
Baked Potatoes
Lettuce French Dressing*
Refrigerator Cake*

Luncheon

Eggs in Tomato Shells
Hashed Brown Potatoes
Orange Cups*

Luncheon

Cheese in Ramekins*
Stuffed Tomato Salad*
Watermelon

Dinner

Spanish Rice*
Cauliflower Butter Parsley Sauce
Cheese Crackers
Strawberry Ice Cream*

Dinner

Stuffed Egg Plant* Potato Balls
Watercress and Cucumber Salad
Raspberry Batter Pudding

*Recipe may be located in this book, by reference to Index.

BALANCED MENUS

Summer Menus

Luncheon

Vegetable Salad*
Cheese Biscuits*
Apple Whip

Dinner

Peppers Stuffed with Rice*
Creamed Carrots Celery
Cherry Pie

Luncheon

Welsh Rarebit
Fresh Fruit
Lazy Daisy Date Cake*

Dinner

Stuffed Potato Loaf*
Sugar Peas
Celery Salad*
Cantaloupe

Luncheon

Eggs in Cream
Lettuce Vegetable Dressing*
Bread Pudding*

Dinner

Watermelon Cocktail*
Potatoes on the Half Shell*
Creamed String Beans
Peach Ice Cream

Luncheon

Spanish Sandwiches*
Cream Cheese Balls*
Blackberry Shortcake

Dinner

Creamed Celery in Croustades*
Duchessé Potatoes
Cucumber Slices on Mint Leaves
Pineapple Pie*

*Recipe may be located in this book, by reference to Index.

800 PROVED PECAN RECIPES

Autumn Menus

Breakfast	
Grapes	
Cream of Wheat	Milk
Toast	Coffee
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Luncheon	
Eggs au Gratin	
Uncooked Vegetable Salad*	
Apple Pudding	
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Dinner	
Bean and Tomato Loaf*	
Creamed Peas	
Head Lettuce Salad	
Neapolitan Sponge*	

Breakfast	
Orange Slices	
Corn Griddle Cakes*	
Maple Syrup	
Coffee	
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Luncheon	
Cream of Celery Soup	
Apple Butter	Raisin Biscuits*
Cup Custard	
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Dinner	
Celery in Potato Border*	
Cranberry Salad	
Snowballs	Chocolate Sauce*

Breakfast	
Stewed Prunes	
Scrambled Eggs on Toast	
Coffee	
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Luncheon	
Potato and Vegetable Salad*	
Saltines	
Sliced Peaches	Date Loaf*
<hr/>	

Dinner	
Rice Loaf*	Italian Beets
Fruit Salad	
Chocolate Pie*	

Breakfast	
Grapefruit	
Bran Flakes	Milk
Toast	Marmalade
Coffee	
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Luncheon	
Baked Beans	
Boston Brown Bread*	
Cabbage Salad	
Grape Sherbet	
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Dinner	
Croquettes with Tomato Sauce*	
Baked Potatoes	
Celery	
Baked Banana Dessert*	

*Recipe may be located in this book, by reference to Index.

BALANCED MENUS

Autumn Menus

Breakfast	
Apricots	
Puffed Wheat	Milk
Bran Muffins*	Coffee
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Luncheon	
Cheese Omelet	
Hashed Brown Potatoes	
Stuffed Tomato Salad	
Saltines	
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Dinner	
Escalloped Corn*	
Asparagus—Hollandaise Sauce	
Jellied Pineapple Salad*	
Orange Cup Cakes	

Breakfast	
Orange Juice	
Coffee Bread*	
Grapefruit Marmalade	
Coffee	
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Luncheon	
Vegetable Soup	
Bean Salad*	Hot Biscuits
	Apple Dumplings
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Dinner	
Breaded Tomatoes*	
Mashed Potatoes	
Head Lettuce Salad	Cheese Straws
	Patrician Cream*

Breakfast	
Sliced Bananas	
Corn Flakes	Milk
Toast	Jam
	Coffee
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Luncheon	
Eggs in Croustades	
Tomato Shamrock Salad*	
Raisin Bread	
<hr/>	
Dinner	
Cheese Stuffed Potatoes	
Creamed Celery	
Jellied Relish*	
New England Plum Pudding*	

Breakfast	
Baked Apples	
Soft Cooked Eggs	Toast
	Coffee
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Luncheon	
Sweet Potatoes in Ramekins*	
Spinach	Toast Points
	Cider Jelly
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Dinner	
Tomato and Rice Loaf*	
Buttered Peas	
Cabbage Salad	
Lemon Ice Cream*	

*Recipe may be located in this book, by reference to Index.

800 PROVED PECAN RECIPES

Autumn Menus

Breakfast		Breakfast	
	White Grapes		Halved Oranges
Oatmeal		Milk	Maple Syrup
Toast	Marmalade	Waffles	Coffee
	Coffee	<hr/>	
Luncheon		Luncheon	
	Apple Fritters*		Tomato Cheese Toast*
	Creamed Potatoes		Head Lettuce Salad
Stewed Cranberries	Small Cakes		Chocolate Pudding*
<hr/>		<hr/>	
Dinner		Dinner	
Red Bean Loaf*	Glaced Onions	Panned Egg Plant*	
	Celery Salad	Baked Potatoes	
Grapefruit Meringue Pie*		Apple Relish*	
		Fruit Cup	Rocks

Luncheon		Luncheon	
Mexican Rice Croquettes*		Oatmeal Mush*	Maple Syrup
Sliced Tomatoes		Apricot Salad	
Banana Whip*		Kisses	
<hr/>		<hr/>	
Dinner		Dinner	
Glazed Sweet Potatoes*		Vermicelli Loaf*	
Sautéed Apple Rings		Buttered Asparagus	
Celery Salad		Head Lettuce Salad	
Grape Float*		Cake Sandwich*	

*Recipe may be located in this book, by reference to Index.

BALANCED MENUS

Autumn Menus

Luncheon

Tomato Delicacy*
Peaches Ring Rolls*

Dinner

Casserole Onions*
Browned Potatoes
Waldorf Salad
Pineapple Meringue Pie*

Luncheon

Cream of Potato Soup*
Bran Rolls*
Dutch Apple Cake

Dinner

Baked Lentils* Turnips
Grapefruit and Orange Salad
Cider Jelly* Whipped Cream

Luncheon

Tomato Omelet*
Fruit Salad Doughnuts*

Dinner

Casserole Potatoes au Gratin*
Buttered Cauliflower
Lettuce French Dressing
Steamed Prune Pudding*
Hard Sauce

Luncheon

Cornmeal Croquettes* Corn Syrup
Asparagus Salad
Apple Whip

Dinner

Spiced Sweet Potatoes* Spinach
Tomato and Green Pepper Salad
Cranberry Sherbet

*Recipe may be located in this book, by reference to Index.

800 PROVED PECAN RECIPES

Autumn Menus

Luncheon

Creamed Eggs on Toast*
Stuffed Date Salad
Floating Island

Dinner

Patties of Peas*
Escalloped Potatoes
Jellied Olive Salad
Orange Ice Cream
Cherry Angel Cake*

Luncheon

Bananas in Batter*
Apple Sandwich Salad*
Cup Custard

Dinner

Tomato Loaf* Cheese Sauce
Browned Parsnips
Beet Salad
Lemon Pie*

Luncheon

Vegetable Soup*
Raisin Tea Ring*
Fruit Cup

Luncheon

Rice Waffles* Maple Syrup
Apricot Whip Cookies

Dinner

Baked Rice* Glacéed Onions
Cranberry Salad
Pensacola Pudding*

Dinner

Stuffed Potatoes*
Cauliflower au Gratin
Glacé Salad*
Sea Foam Custard*

*Recipe may be located in this book, by reference to Index.

BALANCED MENUS

Winter Menus

Breakfast

Stewed Prunes	Milk
Oatmeal	
Toast	Marmalade
	Coffee

Luncheon

Cream of Potato Soup	Cherry Bread*
Finger Rolls*	Fruit Salad
Baked Apples	Citron Cakes*

Rice and Cheese*	Italian Beets
Celery	
Pumpkin Pie*	

Dinner

Breakfast

Orange Halves	Milk
Shredded Wheat	
Poached Eggs	Toast
	Coffee

Luncheon

Escalloped Corn	Cherry Bread*
Fruit Salad	

Dinner

Peas and Tomato Loaf*	
Potato Balls	
Cabbage Salad	
Pineapple Cream*	

Breakfast

Stewed Apricots	Milk
Cream of Wheat	
Whole Wheat Fruit Gems*	Coffee

Luncheon

Celery Patties*	Baked Potatoes
	Cup Custard

Dinner

Baked Bean Roast*	
Buttered Asparagus	
Lettuce Salad	
Orange Pudding*	

Breakfast

Grapefruit	
Cornmeal Waffles*	Maple Syrup
	Coffee

Luncheon

Potatoes au Gratin	
Endive Salad	
Stewed Prunes	Loaf Cake*

Dinner

Mushroom Entrée*	
Creamed Peas in Timbale Cases	
Jellied Fruit	

*Recipe may be located in this book, by reference to Index.

800 PROVED PECAN RECIPES

Winter Menus

Breakfast		Breakfast	
Baked Apples		Orange Juice	
Grape Nuts	Milk	Schnecken	Rolls*
Toast	Jam		Marmalade
Coffee		Coffee	
Luncheon		Luncheon	
Omelet*	Scones*	Asparagus Soufflé*	
Celery		Combination Salad	
Peaches	Marguerites	Fruit Ice	
Dinner		Dinner	
Candied Sweet Potatoes*		Casserole of Vegetables*	
Cauliflower		Lima Beans	
Beet Salad		Spiced Tomato Relish*	
Cranberry Pie*		Apricot Shortcake	
Breakfast		Breakfast	
Stewed Peaches		Apple Sauce	
Puffed Wheat	Milk	Oatmeal	Milk
Toast	Coffee	Toast	Coffee
Luncheon		Luncheon	
Tomato Rarebit		Cheese-Stuffed Potatoes*	
Orange Honey Biscuits*		Celery	
Tapioca Pudding*		Fruit Salad	Small Cakes
Dinner		Dinner	
Baked Eggs in Croustades		Onions Stuffed with Rice*	
Mashed Potatoes	Creamed Peas	Buttered Beets	
Lettuce Salad		Jellied Salad	
Chiffon Lemon Pie*		Steamed Carrot Pudding*	

*Recipe may be located in this book, by reference to Index.

PECAN
RAISIN PIE



BALANCED MENUS

Winter Menus

Breakfast

Sliced Oranges

Soft-cooked Eggs

Coffee

Toast

Luncheon

Potato Croquettes*

Creamed Carrots Bran Bread*

Fruit Tartlets

Dinner

Green Pea Entrée* Baked Cabbage

Cranberry Sauce

Orange Jelly

Breakfast

Sliced Bananas

Corn Flakes

Milk

Raisin Muffins*

Conserve

Coffee

Luncheon

Creamed Spinach on Toast

Log Cabin Salad*

Spice Cake*

Dinner

Celery and Tomato Loaf*

Baked Potatoes

Head Lettuce Salad

Thousand Island Dressing*

Raisin Pie

Luncheon

Spanish Soufflé

Creamed Lima Beans

Jellied Salad

Luncheon

Eggs in Potato Nests

Graham Biscuits

Peach Dessert*

Dinner

Breaded Cheese Balls*

Escalloped Potatoes

Ginger Fruit Cream*

Dinner

Rice a' la Carolina*

Buttered Peas

Cranberry Salad

Cream Pie*

*Recipe may be located in this book, by reference to Index.

800 PROVED PECAN RECIPES

Winter Menus

Luncheon

Sweet Potato with Apple*
Spinach
Prune Pudding*

Dinner

Stuffed Onions* Mashed Potatoes
Jellied Pineapple Salad
Fruit Ice Cream*

Luncheon

Lentil Patties*
Breaded Tomatoes
Peach Delight*
Small Cakes

Dinner

Baked Cereal and Cheese*
Asparagus Toast Points
Jellied Perfection Salad
Washington Pie*

Luncheon

Corn Loaf*
Mixed Vegetable Salad
Cheese Straws
Cocoa Custard*

Dinner

Southern Candied Sweet Potatoes*
Sautéed Apple Rings
Head Lettuce Salad
Jellied Banana Dessert*

Luncheon

Cream of Pea Soup* Croutons
Fruit Salad
Date Cake

Dinner

Spinach Loaf*
Baked Potatoes
Cottage Cheese Salad
Cranberry Pie*

*Recipe may be located in this book, by reference to Index.

BALANCED MENUS

Winter Menus

Luncheon

Cheese Rice Toast*
Endive Salad
Fruit Batter Pudding

Dinner

Mexican Bean Roast*
Browned Carrots
Jellied Tomato Salad—Saltines
Fruit Cream*

Luncheon

Apricot Fritters*
Cabbage Salad
Cocoanut Custard Hermits

Dinner

Tomato Soup*
Casserole of Rice* Wax Beans
Orange Ice

Luncheon

Corn Balls Tomato Sauce*
Hot Biscuits
Preserved Figs*

Dinner

Canapés*
Steamed Cabbage*
O'Brien Potatoes
Celery
Apple Charlotte

Luncheon

Planked Poached Eggs
Cherry Sauce
Watermelon Cake*

Dinner

Fruit Cocktail*
Creole Sweet Potatoes
Brussels Sprouts
Lettuce Salad
Mince Pie II*

*Recipe may be located in this book, by reference to Index.

800 PROVED PECAN RECIPES

Spring Menus

<p>Breakfast</p> <p>Stewed Rhubarb</p> <p>Corn Flakes Milk</p> <p>Date Muffins</p> <hr/> <p>Luncheon</p> <p>Asparagus on Toast</p> <p>Radishes</p> <p>Banana Custard*</p> <hr/> <p>Dinner</p> <p>Potato Hash* Buttered Carrots</p> <p>Head Lettuce Salad</p> <p>Orange Pie*</p>	<p>Breakfast</p> <p>Orange Juice</p> <p>Scrambled Eggs</p> <p>Coffee</p> <hr/> <p>Luncheon</p> <p>Baked Cheese Dreams</p> <p>Sliced Tomatoes</p> <p>Brown Betty*</p> <hr/> <p>Dinner</p> <p>Escalloped Cabbage*</p> <p>O'Brien Potatoes</p> <p>Celery</p> <p>Baked Pineapple*</p>
<p>Breakfast</p> <p>Grapefruit</p> <p>Griddle Cakes* Honey</p> <p>Coffee</p> <hr/> <p>Luncheon</p> <p>Baked Eggs in Cream</p> <p>Cinnamon Twists* Stewed Apricots</p> <hr/> <p>Dinner</p> <p>Beets Stuffed with Rice*</p> <p>Buttered Peas</p> <p>Jellied Salad</p> <p>Lemon Tarts</p>	<p>Breakfast</p> <p>Strawberries</p> <p>Cream of Wheat</p> <p>Toast</p> <p>Milk</p> <hr/> <p>Luncheon</p> <p>Sweet Potato and Apple Puff*</p> <p>Head Lettuce Salad</p> <p>Stewed Rhubarb Fruit Drops*</p> <hr/> <p>Dinner</p> <p>Cauliflower in Ramekins*</p> <p>Duchessé Potatoes</p> <p>Celery and Radishes</p> <p>Fruit Sherbet*</p>
<p>*Recipe may be located in this book, by reference to Index.</p>	

BALANCED MENUS

Spring Menus

Breakfast

Sliced Bananas	Milk
Grape Nuts	Coffee
French Toast	

Luncheon

Rice Patties*	
Combination Vegetable Salad	
Cocoanut Custard	

Dinner

Asparagus Entrée*	
Baked Potatoes	
Cucumber	
Plum Pie*	

Breakfast

Apricots	Milk
Puffed Rice	Coffee
Hot Coffee	Twists*

Luncheon

Cheese Fondue*	Saltines
Sliced Tomatoes	
Chocolate Pudding	

Dinner

Escalloped Onions*	
Spinach	
Potato Balls—Parsley Sauce	
Apple Salad	
Jellied Dessert	

Breakfast

Sliced Oranges	Milk
Corn Flakes	Toast
Soft-cooked Eggs	
Coffee	

Luncheon

Potato Salad II*	Corn Cakes*
Radishes	
Apple Tartlets	

Dinner

Steamed Peppers*	
Creamed Carrots	
Head Lettuce Salad	
Strawberry Fluff*	

Breakfast

Stewed Prunes	Milk
Puffed Wheat	Strawberry Jam*
Toast	Coffee

Luncheon

Creamed Eggs on Toast	
Asparagus	
Fresh Fruit Salad*	

Dinner

Cottage Cheese Croquettes*	
Creamed New Potatoes	
Stuffed Tomato Salad*	
Pineapple Pie	

*Recipe may be located in this book, by reference to Index.

800 PROVED PECAN RECIPES

Spring Menus

Breakfast		Breakfast	
Orange Juice		Grape Fruit	
Oatmeal	Milk	Bran Flakes	Milk
Toast	Marmalade	Breakfast Muffins*	Conserve
Coffee		Coffee	
Luncheon		Luncheon	
Tomato Rarebit*	Radishes	Casserole Macaroni	Radishes
Porcupines*	Small Cakes	Frozen Pimento Cheese	Salad*
		Coffee Soufflé	
Dinner		Dinner	
Celery and Potatoes in Ramekins*		Escalloped Cauliflower*	
String Beans		Spinach	Baked Potatoes
Cabbage Salad*		Head Lettuce Salad	
Strawberries and Cream		Pineapple Trifle*	

Luncheon		Luncheon	
Grape Fruit Basket Salad*		Cheese Patties*	
Fruit Bread*		Apple Bloom Salad*	
Lemon Sponge		Chocolate Cake	
Dinner		Dinner	
Asparagus Tips in Timbale Cases*		Potato Cakes with Peas*	
Browned Potatoes		Lettuce Salad	Russian Dressing*
Tomato Jelly*		Custard Pie	
Fruit Ice			

*Recipe may be located in this book, by reference to Index.

BALANCED MENUS

Spring Menus

Luncheon

Sandwich Loaf*
Tomato Salad
Rice Pudding

Dinner

Potatoes au Gratin
Baked Egg Plant*
Pistachio Salad*
Rhubarb with Whipped Cream

Luncheon

Omelet
Potato Salad Graham Biscuits
Lemon Tarts*

Dinner

Rice in Pepper Cases*
Cauliflower Hollandaise Sauce
Radishes
Jellied Cubes*

Luncheon

Prune Fritters*
Strawberries and Cream
Angel Cake*

Dinner

Baked Potatoes
Tomato Croquettes*
Green Pea Salad*
Frozen Fruit

Luncheon

Tomato Bisque with Cheese*
Cucumber Salad
Apple Glacé*

Dinner

Eggs in Nests* Asparagus
Head Lettuce Salad
French Dressing
Rhubarb Shortcake

*Recipe may be located in this book, by reference to Index.

800 PROVED PECAN RECIPES

Spring Menus

Luncheon

Vegetable Sandwiches*
Devilled Eggs
Cherry Roly Poly

Dinner

Spanish Cheese* New Peas
Stuffed Beet Salad*
French Ice Cream

Luncheon

Corn in Ramekins*
Olives and Radishes
Fruit Salad Gingerbread*

Dinner

Graham Cracker and Celery
Entrée*
Mashed Potatoes Spinach
Watercress Salad
Banana Custard*

Luncheon

Loaf Cheese Salad*
Orange Fritters*
Baked Apples Cream

Luncheon

Rice Cakes* Tomato Sauce
Prickly Pear Salad*
Macaroons

Dinner

Casserole Macaroni*
Cauliflower Parsley Butter Sauce
String Bean Salad
Baked Alaska*

Dinner

Panned Potatoes* Julienne Carrots
Tomato Salad
Rhubarb Batter Pudding*

*Recipe may be located in this book, by reference to Index.

All recipes in this book, with but a few exceptions under desserts and cakes, are based on the family of four as a standard unit.

General directions prefacing the chapters are brief, and the recipes are stated in the shortest form consistent for clearness, materials used being listed in order of use as far as possible.

Standard methods of level measurement are used throughout and should be followed to insure best results.

The small letter t in any recipe therefore indicates level teaspoonful.

The capital letter T indicates level tablespoonful.

The capital letter C indicates level cupful.

Fractions, such as $\frac{1}{2}$ T indicate one-half of a level tablespoonful.

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